

LISTEN

A
JOURNAL
OF
BETTER
LIVING



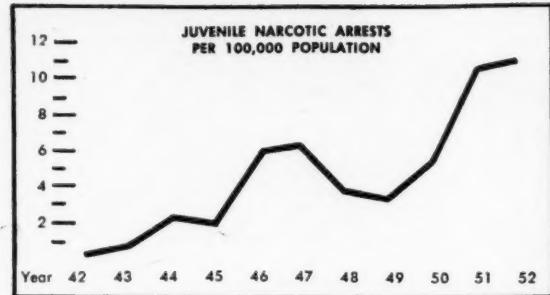
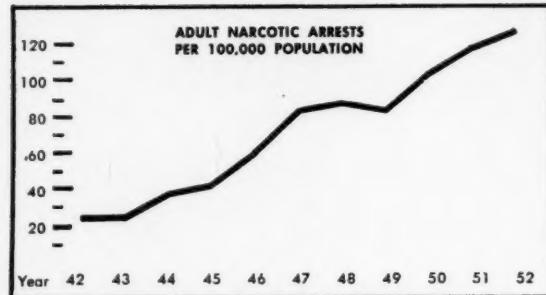
Virgil Fox ORGANIST
Riverside Church, New York City

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It's a Fact



Narcotics in Los Angeles



TRENDS

Adult Narcotic Arrests in Los Angeles have increased more than 800 per cent in a ten-year period.

Juvenile Narcotic Arrests have increased from two arrests in 1942 to 233 in 1952.

The Pacific States, as a group, have a higher rate for narcotic arrests for 100,000 population than any other region in the United States.

1953—During the first seven months 2,176 narcotic arrests were made, compared with 1,424 during the same period of 1952, an increase of 52.8 per cent.

ARRESTS AND SEIZURES

Peddlers—In 340 cases the evidence seized and the circumstances surrounding the arrests indicate that the defendants were engaged in commercialized narcotic traffic.

Addiction—There were 493 complaints issued for addiction in 1952.

Cars Impounded—There were 3,361 cars impounded in connection with narcotic arrests. All but 164 were returned to their owners.

Hypodermic Devices—116 such devices were seized by the police.

—Police Department *Annual Report*.

Lobbying in Washington

The influence salesmen, the jolly fellows who like to think they can get government for you wholesale, are having a tough time in Washington these days.

"I'm getting up earlier and spending more time out of doors than I have for twenty years," one of the town's experts in the art of "know-how" complained recently. . . .

Take the business of getting up early. In the old days, an influence merchant got in some of his most effective licks in the well-upholstered saloons and salons, at cocktail parties and late soirees around the fashionable hotels.

Today, however, if a lobbyist wants to bend the ear of some ranking Federal official, he'll stand a much better chance scouting the better hotel coffee shops an hour after dawn. . . .

Many officials on the policy-making level are getting to bed early, and, except for very special occasions, staying off the cocktail and banquet circuit. This means the influence peddler has a hard time tracking down leads.—Merriman Smith, United Press White House reporter, in *This Week*.

Beer and Baseball

Anheuser-Busch's purchase of the St. Louis Cardinals has set a precedent for other national breweries, and you may look for more to buy their own ball teams outright. It's better for the teams that way, since they won't need to worry about radio-TV competition

that cuts into gate receipts. The new owners won't care whether the patrons come to the park to watch the game and drink their beer or sit at home to watch or hear the game and drink their beer. The losers: young sports fans falling for the insidious lure to drink.





JANUARY to
MARCH, 1954
Volume 7
Number 1

LISTEN

A Journal of Better Living

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OUR COVER

A ninety-piece orchestra cannot exceed in variety the tones and effects obtained from the organ console at the Riverside Church in New York City by Virgil Fox. Music critics acclaim this dynamic organist as "a complete master of his instrument." *Listen's* exclusive cover study is by Three Lions.

INTRODUCING . . .

HOYT McAFFEE (page 20), versatile newspaper reporter, whose straightforward, eyewitness reporting of the Pearl Harbor tragedy helped make journalistic history. His factual description of some of the little-known aspects of this December 7, 1941, military fiasco is a *Listen* exclusive to appear in the near future.

MILDRED COLE (page 15), Denver housewife and mother, who writes a note of friendly advice to her distinguished fellow townswoman, Mrs. Mamie Eisenhower, to express the fervent feelings of millions of modern women who look to the First Lady to set the pace for American womanhood.

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W. A. Scharffenberg, Executive Secretary

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America's New H-Bomb

PERHAPS no other one thing in the whole world has been projected so thoroughly into modern thinking and consciousness as the H-bomb. In many respects, however, drug addiction is as deadly as the H-bomb. Its effects may not be so explosive or spectacular, or bring about the same sudden mass destruction, but in the lives of multiplied thousands its results are as totally destructive.

By those dealing with the problem, narcotics is being ranked as one of the two top crime-prevention problems in the United States. The widely known district attorneys Miles F. McDonald, New York; J. F. Coakley, Oakland, California; and Severn T. Darden, New Orleans, say the sale and use of narcotics is "public enemy No. 1." Gambling comes second.

The late Robert V. Seliger observed that "estimates of fifty thousand to three hundred thousand addicts throughout the country suggest a nationwide epidemic." From New York, Attorney General Nathan L. Goldstein warns that drug addiction among adolescents has become "appalling." Undoubtedly facing him when he made the statement was the fact that arrests of young drug addicts in New York jumped twenty times in the first five years following World War II.

New Orleans reports juvenile addiction "spreading like wildfire." The chief of the St. Louis antinarcotics squad declared: "Never would I have believed it possible to find so many youngsters up against the needle. We have been locking up teenagers one after the other."

A Federal grand jury in Detroit reported "conditions of the most shocking nature." Judge Gibson E. Gorman, of the narcotics branch of Chicago's Municipal Court, described a dope case he dealt with near the end of October, 1953, as being his ten thousandth of the year—nearly one thousand a month. Secretary Oveta Culp Hobby places Philadelphia and Pittsburgh among the worst centers of the drug danger.

Nor are smaller cities exempt. Typical is the experience of a young girl in a small Midwestern city who, in the favorite drugstore gathering spot for the young people of the community, was approached by a dope agent openly peddling his wares of death.

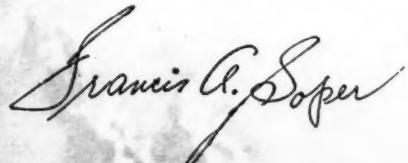
Fortunately, because she had been forewarned of the nature and danger of dope, she recognized the evil thing for what it was, and flatly refused to be "hooked." Others, however, were taken in the snare. Similar instances are being repeated scores of times daily in many cities.

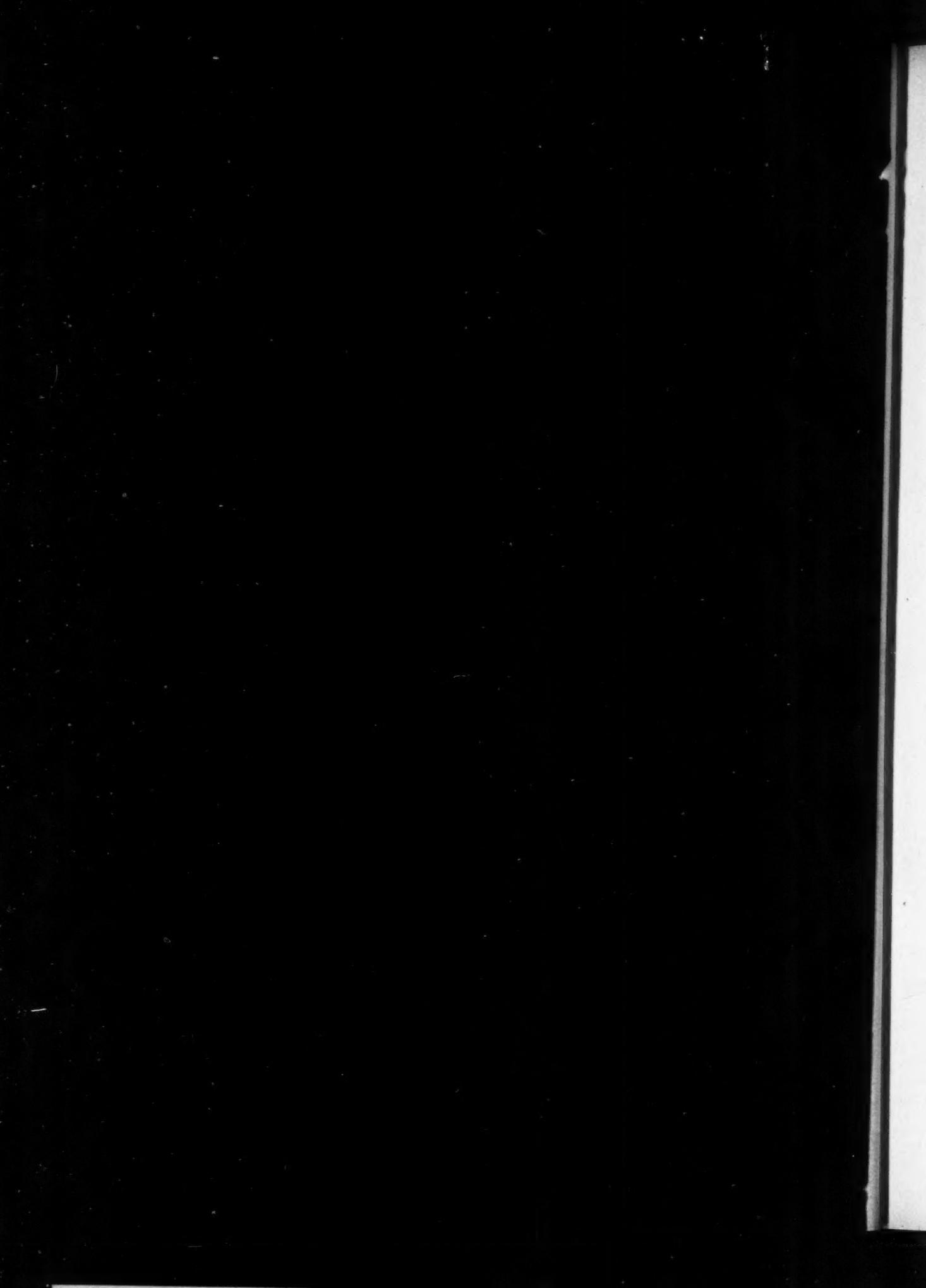
All of which puts the lie to the claims of those who are attempting to play down the drug menace, declaring that it "simply doesn't exist" or that the problem can be taken care of in a corner without bringing it to the attention of the public or "putting ideas into the minds of the young people."

New York State pointed the way to the solution of this problem when it passed a law requiring courses of instruction in the danger of drug use to be given to all high-school pupils in public and private schools. This law requires adequate courses for every student above the eighth grade in the "nature and effects on the human system of narcotics and habit-forming drugs." The State Department of Education was called upon to provide special training in the subject at all state teachers' colleges.

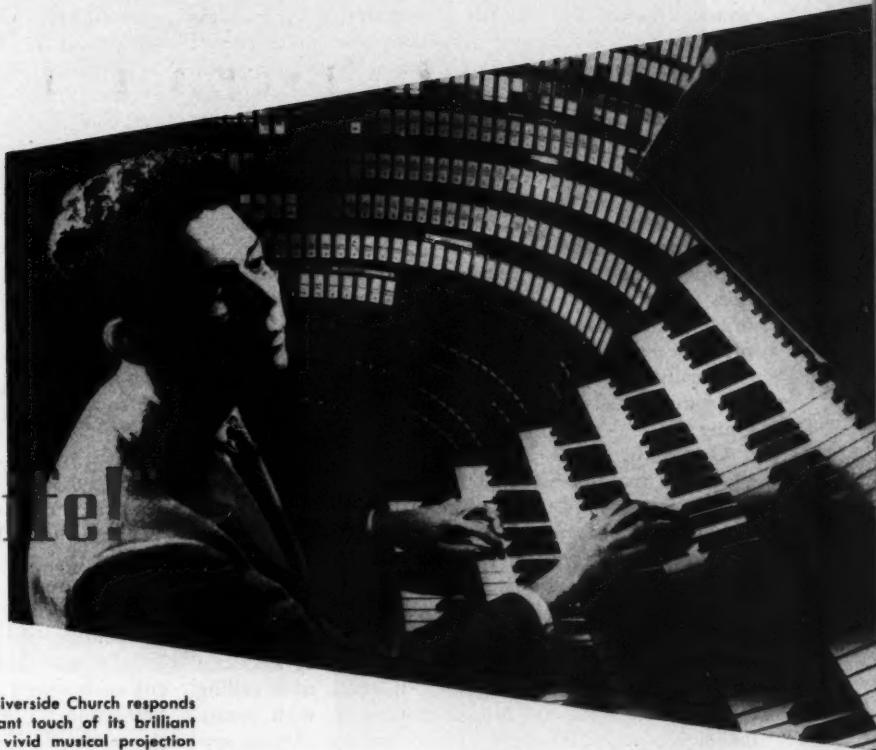
Youth ought to know the danger confronting them and how to avoid it.

The world is being made aware of the H-bomb and its frightful potentialities. It is only good sense, but what about the menace of America's new H-bomb—heroin and its associated drugs? We are convinced that a closely co-ordinated intensive program of education on local, state, and national levels and reaching into every institution and youth group is the only means of averting personal disaster for thousands and millions of the youth upon whose shoulders rests the future of our present-day civilization.





Virgil Fox
is supremely
happy when
his two great
loves are
brought together—
organ music
and people.



The giant organ at the Riverside Church responds to the imaginative, vibrant touch of its brilliant master, Virgil Fox. His vivid musical projection through personality has made him world famous.



BRUNO OF HOLLYWOOD

T

HE audience in old St. Thomas's Church in Leipzig was a critical one, listening with doubt and misgivings. No American had ever played a concert on that organ before; it was the instrument made famous and almost sacred by the master organist and composer of former days, Johann Sebastian Bach.

Nevertheless, it was the music of Bach that on this occasion was making the barrel-vaulted ceiling reverberate—not played by Bach, however, but by Virgil Fox, young American virtuoso from the Riverside Church in New York. His skill and warmth of interpretation captivated his discriminating hearers, and they took him to their hearts as one whose playing revealed an understanding of "the innermost secret of the art of Bach."

This artist has risen rapidly in the music world. Only

about two decades ago he made his debut in Cincinnati, playing before three thousand students of Withrow high school. Three years later found him unanimous winner of the National Federation of Music Clubs national contest in Boston. During his one year at Peabody Conservatory he gave five complete recitals from memory; and later, when twenty-six years old, he was accorded the honor of appointment as head of the organ department of this conservatory, the oldest and one of the most renowned in America.

Virgil Fox, with his brilliance, imagination, and color, has won acclaim in concert halls graced by the greatest of musicians in centers like London, Paris, Berlin, New York, Toronto, Chicago. Now in his thirties, he has appeared in such famous churches in Europe as Westminster, Lincoln, and Durham cathedrals, the Buxtehude church, Marienkirche, Lübeck, and the Carnegie Hall of Paris—Salle Pleyel.

As organist at the Riverside Church, Fox occupies one of the most important church positions in America. For two years the directors of this huge and influential church, which was built by the Rockefellers for Dr. Harry Emerson Fosdick, looked for the best possible organist, and finally chose Fox. However, his talents at the console are not used only at this one church. The extent and rigors of his busy schedule of travel and concerts can best be told in his own description—as can also the way he meets such an exacting program:

In addition to being organist at Riverside Church, I do two or three concerts each week throughout the

musical season. That means, of course, that I am always in New York for at least the week ends and anywhere from Florida to Canada or California during the week. This type of schedule calls for split-second timing, not only in travel plans, but also in my playing as well as in my living habits.

Have you ever seen an organ console? Many say it looks more complicated than the instrument panel of a B-29. I'm not sure about that, but a big difference is the fact—fortunately for the pilots—that B-29's are alike. Not so pipe organs. Every instrument is different! No sooner does a concert organist learn the "ins and outs" of one organ than he is seated at another. In my schedule that means *learning* at least seventy organs a year.

Hardly a day goes by during the busy concert season but someone asks, "How do you do it? How do you keep going?"

One thing I *try* to do is to get plenty of rest. Even though it may be impossible to get eight or ten hours of sleep at the same time most people do (often my practice sessions last until the early morning hours); nevertheless, I do get them in. Furthermore, I eat three good meals a day.

There is a great deal of co-ordination called for in playing the organ. One must have complete control of hands, feet, and mind simultaneously. During a concert I play approximately half a million notes, each calling for nerve impulses and muscle movements with instantaneous accuracy. Moreover, practicing and playing several hours a day put a terrific strain on both muscles and nerves. For this reason I leave alcoholic beverages alone, and all forms of tobacco. In my exacting profession I can't risk them. Even if I did believe in them, I wouldn't have time for either drinking or smoking.

Perhaps you might be interested in knowing a little about the simple, but regular, routine I go through before

each concert. Every detail of physical habit is essential for me to watch.

Ordinarily, I practice at the hall or church where the concert is to be given until three or four hours before concert time. Then I go immediately to my hotel, take a very hot bath to relax the muscles and quiet the nerves, sleep soundly for an hour, have a solid but quiet meal in my room, dress for the concert, and am on my way, ready to go!

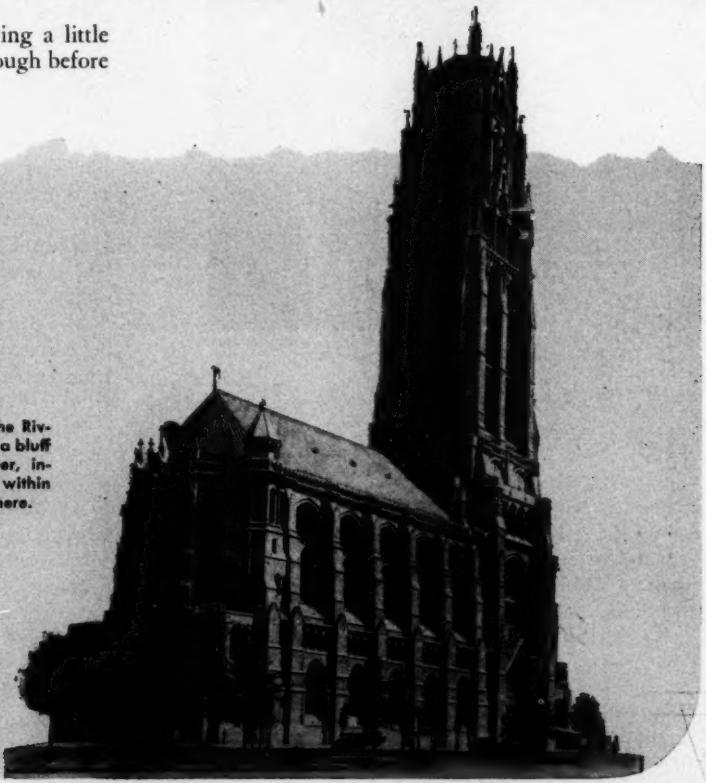
After the concert comes meeting with and talking to the many people who come backstage. Then back to the hotel for another hot bath, a change to dry clothes (the tension and exertion of a concert make me wringing wet), and—if there is no plane to catch immediately—off to a party, where I eat lightly, usually begging the hostess for some fresh orange juice.

No matter what any week of concerts may bring, I must be back in New York City for choir rehearsal Friday at the Riverside Church. In this magnificent edifice, we plan the music which thousands hear every Sunday. With Richard Weagly, the choirmaster, we not only present the music for the Sunday morning service, but also a complete oratorio sung by a one-hundred-voice choir, and soloists, in the late afternoon every Sunday of the church year.

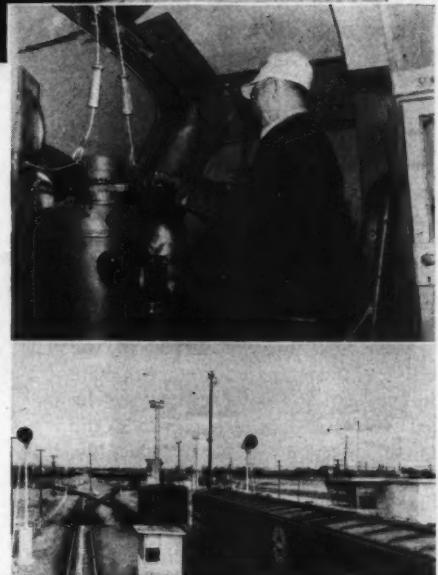
So you see, if I'm not practicing for a concert in some city or learning new repertoire for those concerts, I am rehearsing an oratorio—trying to play and bring about the same effects gotten by a ninety-piece orchestra. But I love it. It's my life!

Good living habits make it possible. And also the fact that I am happy doing it—bringing my two great loves together: organ music and people. What could be better?

Majestic and cathedralike, the Riverside Church stands high on a bluff overlooking the Hudson River, inviting all to come worship within its quiet, reverent atmosphere.



THOMAS D. BEVEN
President, Elgin,
Joliet, and Eastern
Railroad



WHAT ABOUT "Rule G"?

Forthright Observations on Alcohol and Railroad Safety

CONSUMPTION of intoxicating liquors by railroad employees, both on and off duty, has assumed enormous proportions. It would probably astound us if we could know definitely how many personal injuries are due directly to drinking. It would be even more astounding, I am sure, if we could ascertain how many railroad employees, particularly on the afternoon and night shifts, come to work with their faculties dulled by the consumption of alcohol. Possibly it can't be said that these persons are drunk, but it is a well-known fact, all things being equal, that a person who has had but one drink is not as bright and alert as is a total abstainer. Alcohol, of course, does not affect everyone in the same degree, but it is safe to say that even one drink has *some* effect on anyone who takes it.

The man who takes one drink, or a couple of drinks, before coming to work is doing his part to keep safety *out* of first place on the railroads. But the harm he is doing is small indeed when we think of the countless personal injuries and the many disastrous wrecks whose origin can be traced to the "old soak," the fellow who goes around about "half-crooked" all the time. His co-workers and his supervisors are so used to seeing him in that condition that they do not realize anything is the matter with him until he lines a switch wrong, misinterprets a signal, or fails to see a blue flag. Then it is too late.

There is no question but that the use of alcohol—

1. Slows reactions.
2. Impairs judgment.
3. Reduces resistance.
4. Exaggerates weaknesses.

From an address before the National Safety Congress.

FIRST QUARTER

The worst of these, from the point of view of the railroad, is the impairment of judgment. The drunk, or the half-drunk—the fellow who has had "only a couple"—thinks he is much brighter, more alert, and more agile than he really is under the best of circumstances. Naturally he takes more chances. We are thankful that not every time he takes a chance an accident or personal injury results, but enough accidents are caused in this manner to impair seriously the efforts to keep Safety First.

Every man who is responsible for the lives and safety of others (and this applies to virtually every railroad employee in the so-called running trades, as well as operators who handle train orders and employees in the mechanical and maintenance-of-way departments who are responsible for the condition of rolling equipment and track structure) should absolutely forgo the use of liquor. Our own rules forbid its use, but "Rule G," like so many other fine rules these days, is more honored in its breach than in its observance.

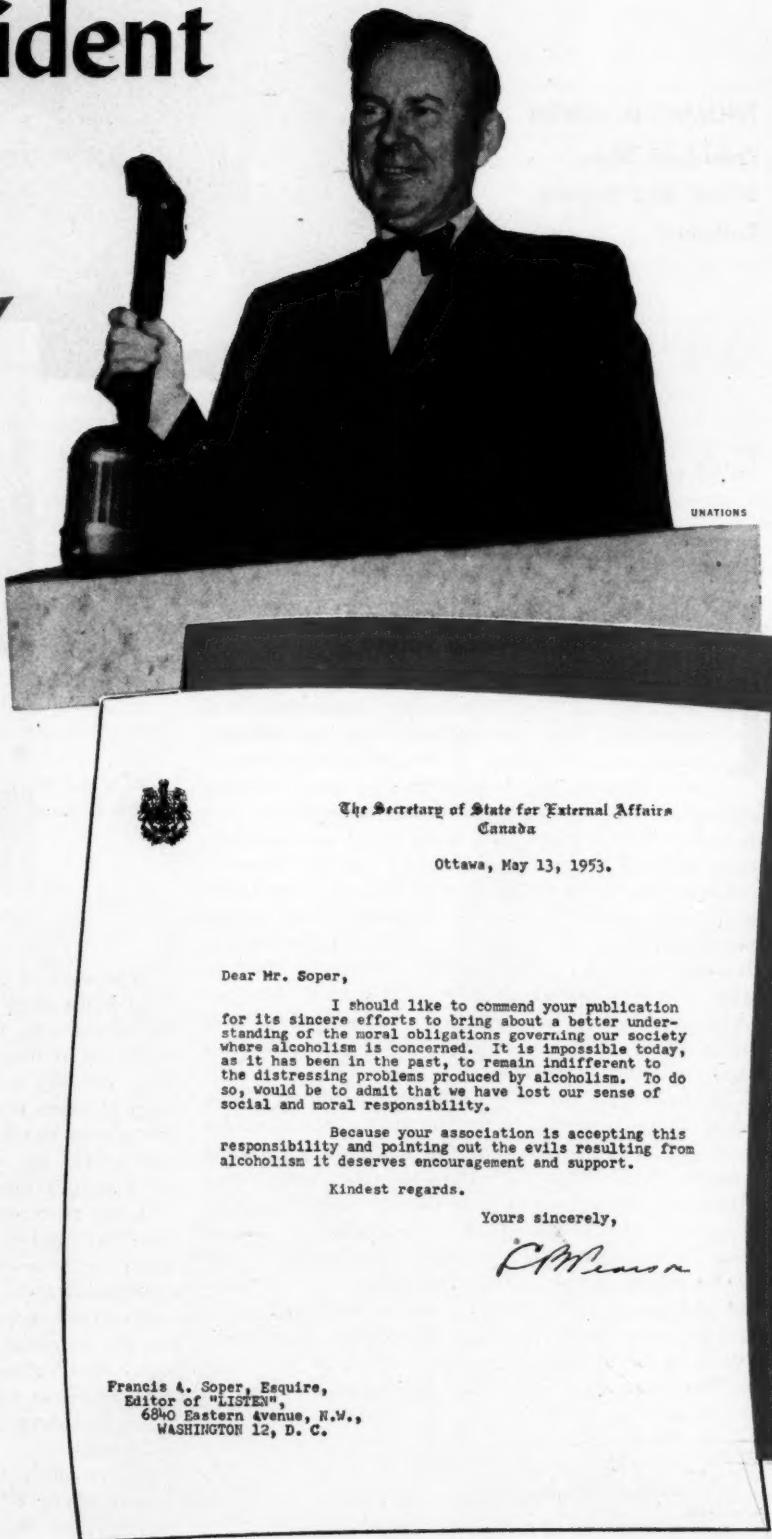
There can be no dispute that the use of liquor by the people of the United States has increased manyfold in recent years. Maybe it is because I (Turn to page 26.)

UN President Looks at "LISTEN"

CANADA can well be proud of its distinguished statesman and government leader, the Right Honorable Lester B. Pearson, whose service not only to the Dominion but to the whole world has been continually for the betterment of mankind and for peace in the community of nations.

Since 1948 he has served in the Canadian cabinet as secretary of state for external affairs. The next year he led the Canadian delegation to the United Nations General Assembly, and was elected chairman of the Political and Security Committee. He is an active leader in the North Atlantic Treaty council, being chairman at meetings in Rome and Lisbon. In 1952 Mr. Pearson was selected to preside over the seventh session of the United Nations General Assembly meeting in New York, at which the weighty but delicate problems of the Korean armistice and following peace conference were debated.

In a personal interview granted to *Listen* magazine, Mr. Pearson expressed deep interest in the program of better living being sponsored by *Listen* and gave sincere commendation for its efforts to expose the dangers of drinking and to make attractive the alcohol-free way of life. Though pressed by affairs of state and the world, he hesitated not the least to prepare the formal statement which appears in letter form on this page. His words are the more effective when it is known that he himself leaves the drinks behind, even in the UN, where bars are patronized so freely.



AT THIS very moment somewhere in America a drug addict may be offering a nervous teen-ager a dope-filled syringe and hypodermic needle with the cocky assurance: "Come on, Bud, don't be a sissy—be a man; shoot the stuff. It'll make you feel 'high.' It's not going to hurt you like them 'squares' say it will. Look at me. I'm a 'mainliner.' I'm on top of the world."

What Bud's seducer fails to tell him is the reality of the hell of addiction that awaits the narcotic slave. Ignorant of withdrawal pains, the nightmare of the addict, and spurred on by the adventure of a supposed thrill, Bud,

the postwar dope traffic on the high-school-age level.

A mother of a young nineteen-year-old California addict wrote a letter to the *New York Times* urging stronger legal measures against narcotic peddling. She penned these lines:

"All I can say is this: If this narcotics traffic is permitted to thrive as it is now, our country is ruined; we now have what I would call 'a lost generation' because of this terrible thing."

Parents of addicts know from bitter experience that no people of earth are more lost to society and suc-

Youth's Lost Generation

J. A. Buckwalter

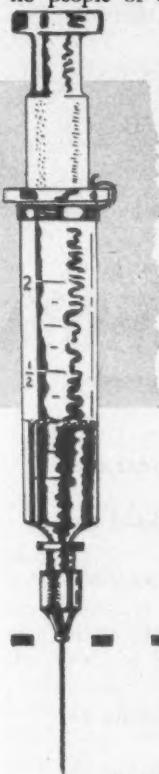
who has found that the kick of his marijuana cigarette has lost its punch, being assured by the glib indifference of his addict chum, takes his first "fix" and is on his road to addiction.

Every day in numerous ways the addict spreads his slavery. The office of the Commissioner of Narcotics reports, "Each addict will cause four other persons to become addicts, and these four will make sixteen others." In this way is pyramided the most dire "physical destruction and moral degradation" that can threaten the youth of any community.

It is too bad that Bud, and the Marys and Johns facing similar moments of decision, cannot see that moaning fellow in the police cell writhing in his withdrawal pains and tearing the clothes from his clammy, pain-racked body. No sane youth would risk his health or success could he but see the suffering of addiction's victims. Or if Bud could see the shifty-eyed slave of heroin casting his eyes hither and yon in a downtown department store looking for that unnoticed moment when he can snatch some easily hidden merchandise to sell in order to secure funds for the drug that racks his body with craving, demented desire, surely then his steps on the road to slavery would be halted.

But, not counting the cost and not fully cognizant of the dangers, Bud readily falls victim to the propaganda of the underworld that only "squares" and "sissies" shun the adventurous thrill of a "reefer" or a "fix."

Already an alarming number of teen-age boys and girls have been trapped. However, the sensible citizen will avoid both the extreme attitudes of the overdramatized sensational "exposés" of the narcotic menace among the youth of our land and the smug indifference to



"I can think of ten or twenty reasons why I started, and a thousand reasons why I cannot quit."



All youth should know these seven basic facts about dope:

1. You cannot stop the habit when you want to. It enslaves you.
2. You cannot control the amount you will need. You will have to take larger doses as your body builds up tolerance.
3. Once addicted, you cannot do without dope. You will become sick if you are deprived of it.
4. You cannot afford it on an average income. Drug addiction drives to criminality because of the need for excessive funds.
5. You cannot perform your best work while using dope. It makes you shiftless, lazy, incompetent, and more or less useless to society.
6. You cannot use addicting drugs over an extended period without becoming addicted to them. No one is immune. Some become addicted more quickly than others, but dope is no respecter of persons.
7. You cannot be cured without a long and painful process of mental and physical rehabilitation. Many take the cure, then return to their former slavery.

The Old Year

I heard the Old Year talking, and he seemed to say to me,
"I am what men have made me—not what I hoped to be."

I did not bring the failures; my days were bright and new.

I was the time allotted—the work was man's to do.

"I am what others made me; I had no will or choice;

Through all the days of trial I was given not a voice.

If victory came, man earned it; his was the faith and power.

If sorrow came, God sent it; I furnished but the hour.

"I came here empty-handed—a year that was to be,

And what I am in passing, mankind has made of me;

I am their petty failures, their glory, their success;

I am their soul's advancement, their shame and happiness.

"I was not born in evil or governed by the stars,

I brought to some high honors, to others ugly scars;

Only my days were numbered; I was the time for toil,

And each has reaped the harvest, as he has tilled the soil.

"I am what men have made me—not what I hoped to be,

And so shall be the New Year which soon shall follow me;

Our days are good or evil, as each man serves and strives,

For years are but the records on which men write their lives."

—Anonymous.

cess and to health and happiness than are the slaves of dope. No tragedy is more pathetic than that of the ten-age "lost generation" of America's narcotic slave world.

The average age of addiction fluctuates as the incidence of teen-age victims increases or decreases. In 1951 Harry J. Anslinger, United States Narcotics Commissioner, stated, "At our Lexington, Kentucky, hospital for addicts we find that our average age has dropped ten years, from thirty-six to twenty-six in just two years' time." The Commissioner's office now reports the average age at thirty-eight years. As more teen-agers become involved in narcotic slavery, the average age for the onset of addiction is lowered. As teen-age incidence lessens, the average age rises. In immediate postwar years there were a larger number of addicts of adolescent age—nineteen years of age or less.

Will Oursler and Lawrence Smith, in their recently published volume, *Narcotics: America's Peril*, write: "In virtually every metropolitan center the narcotics underworld is spreading the drug habit among school-age boys and girls. Ages range from twelve years of age and up." One welfare expert working on the neighborhood level in New York City claims that at least 50 per cent of the boys and girls in the metropolitan "street-corner" gangs are using "reefers" or stronger drugs. A student in one Southern university makes the astounding charge that one out of every five boys enrolled in the university is either an addict or is currently using narcotics intermittently.

Girls as young as fourteen have turned to prostitution in order to secure their drugs. Dope peddlers in large metropolitan areas have been caught selling dope to teen-age high-school students. Unquestionably, the danger of teen-age addiction calls for intelligent community action against one of the gravest social problems of our day.

A number of peddlers apprehended in recent years were found to be teen-agers themselves, under the control of older hoodlums.

One seventeen-year-old boy who was picked up selling heroin to high-school students in New York City, when questioned, revealed that his aim was to "save enough money to buy a Cadillac and be a big shot." He sold narcotics at a \$50-a-day rate, but claimed he sold only to older persons. When asked what he meant by "older," he replied, "About eighteen years old." This young fellow said that he broke into the racket because about ten other boys "in my neighborhood were selling the stuff."

Dope-distribution "meets" between pushers and school youngsters are frequently arranged in vacant lots near schools or in basements or back alleys. Narcotics have been peddled in washrooms and in gymnasiums. Users have been reported to sniff heroin even in the classrooms while the teacher was lecturing.

Contrary to the belief of many, narcotic addiction becomes established at a much earlier age than is generally supposed. Drug addiction is a greater potential danger to youth than to those older. One group analysis reveals that 20 per cent of the addicts were made in their teens, and 80 per cent became addicted under the age of twenty-five. These are high-school and college ages. M. J. Pescor, in his statistical analysis of the (Turn to page 34.)

MAINTAINING



LAMBERT

MARITAL MORALE

HAROLD SHRYOCK, M.D.

HAPPINESS in marriage, and thus in life, involves the development and maintaining of good marital morale. When a husband or wife feels secure in the knowledge that the other is sincerely sympathetic, trustful, and understanding, that person can face life's greatest problems with fortitude and equanimity. When home life is congenial, optimism pervades all phases of living.

Good morale in the home is well within the reach of every man and wife. Thousands of happily married couples testify that the marriage bond is a halo which surrounds the most blessed experiences of life. With good morale, continued companionship brings increasing satisfaction and enjoyment, year by year, from the dawn of courtship, through the zenith of life's problems and accomplishments, to the sunset of life.

The *first* requisite of good marital morale is unselfishness. The successful home is one in which the husband finds his greatest enjoyment in bringing pleasure to his wife and in which the wife gives first thought to her husband's interests rather than to her own. Personal grievances cannot reach large proportions when there is an attitude of mutual solicitude.

The husband who is truly unselfish will give as much consideration to his wife's personal needs as he will to his own. He will recognize her as his equal. He will make sure that her duties of homemaking do not become so all-absorbing that she is deprived of the opportunity for reading and other means of self-development. He will find as great pleasure in the success of the home as he does in the success of his business. He will be as cordial to his wife's friends and relatives when

they come to visit as he expects her to be to his.

The wife who is truly unselfish will include as many of her husband's favorite foods in the menu as she will those of which she is particularly fond. She will consult his preferences regarding the furnishings and appointments in the home. She will be careful to make sure that she does not monopolize all of his spare time.

A *second* fundamental for marital morale is the provision for spending time in companionship. As courtship thrives only when the lovers spend time together, so in marriage, mutual regard and sympathetic understanding cannot long endure without the husband and wife being companionable.

It is usually unwise for a husband and wife to be partners in business or for the wife to serve as her husband's "executive secretary." Such arrangements introduce the factor of competition between husband and wife and even permit the husband to become resentful when it seems that his wife is beating him at his own game. The ideal place for companionship is in the home, during hours of recreation, and under such circumstances that the companionship produces "pals," not "competitors."

I think it is unfortunate for a husband to take his vacation alone or in company with male associates. The vacation period is, in most families, a reward for the year's hard work. When a husband forgoes the companionship of his wife at vacation time, he thereby loses an ideal opportunity to strengthen the bonds of their marriage by enjoying, in companionship, the climax of the year's experiences. In effect he is saying that he no longer cherishes his wife's company as much as he did when they were courting.

But when the vacation is the *(Turn to page 30.)*

**What P.I.E.
truckers think
of driving
and drinking.**

(Right) Two P.I.E. trucks ready to begin a run. (Below) Mr. Bowman, district supervisor.



CAL-PICTURES



(Inset) Drivers S. W. (Whitey) Cambrun, Glenn Good, and Ernest Plunkett.

**Interviews by
CLARENCE C. KOTT**

"Divorce Them!"

IF YOU drive on western highways, chances are that before long you will see a huge truck with the letters P.I.E. prominently painted on it. This is not a bakery truck, as you might expect, but a member of the far-ranging fleet belonging to Pacific Intermountain Express, one of the nation's largest trucking concerns.

Arnold Bowman, district driver supervisor for P.I.E., has under his charge a division famed for its ruggedness and its perils to trucking. There are fifty drivers in Bowman's division, with trucks traveling from Los Angeles to Cedar City, Utah, and Pioche, Nevada, and back. Their average travel in this district is 260,000 truck-miles per month.

In 1952 Bowman's drivers piloted P.I.E. equipment 3,150,000 truck-miles with no major accident and no fatalities. There were only ten "minor" accidents during the entire year. This record means the more when it is remembered that every time a truck contacts another vehicle or a person, no matter how minor the trouble

and regardless of obvious responsibility, it must be reported as an accident.

There are many reasons for this commendable record. Let us look at two of the primary ones. First, the matter of driver selection is important. Each driver applicant is asked, among other questions, "Have you had any experience with alcoholic beverages as a personal problem?" Former employers of the applicant are asked if he has had any such experiences so far as that company's records show. Any problem with alcoholic beverages on the part of the applicant automatically bars him from employment with P.I.E.

Another factor of prime significance to these accident-free miles is a regulation by the Interstate Commerce Commission, one which is carried out rigidly by P.I.E. This regulation states that when a driver reports for work he must have had at least eight hours of rest and not have imbibed of alcoholic beverages for the same period of time prior to his taking a "run."

With this kind of wise caution it is easy to see at least one reason why P.I.E. and Bowman's drivers have such a fine record of millions of truck-miles annually with a minimum of accidents.

I asked, "Mr. Bowman, what do you do if you learn that a driver stops along the way while on his 'run' and takes a glass of beer?" His answer was so positive that I asked if I might quote him directly. He replied emphatically, "Yes."

"Any driver taking a drink," he said, "even a glass of beer, while operating any of our equipment, is immediately discharged. In fact, we would not even let him take the equipment to its destination or back to its home station."

Three of P.I.E.'s truck drivers visited with me for some time. They had just been cited for their accident-free records.

Glenn Good has been with the P.I.E. since 1934, the oldest man in years of service in this district, and with nine years of travel without an

(Turn to page 34.)



If you feel that modern youth should be taught and encouraged to drink in moderation, how do you answer these questions?

1. Does anyone start out to be an alcoholic?
2. Do the merits of alcoholic beverages taken in moderation warrant the one-in-ten or perhaps one-in-five chance of becoming an alcoholic?
3. Can a person be certain when he starts drinking moderately that he will never become a drinking driver or an alcoholic?
4. Do alcoholic beverages meet a real need of man so that the self-drugging of a healthy brain is desirable?
5. Is it necessary to drink socially in order to get along in life? If so, is it right for this to be necessary?
6. Is it good economics to spend money for alco-

The *second objective* is to prevent heavy drinking and its consequences and the production of addictive drinkers and chronic alcoholics, and to cure them when produced. It is necessary to differentiate between these two objectives because in recent years the second objective has been overemphasized at the expense of the first.

How Can Alcohol Intoxication Be Prevented? Different groups have different viewpoints, or approaches, to the answer to this question.

1. The Answer of Medical Research

Medical research is not seeking a way to attain the first objective, except that it has determined the amount of alcohol in the blood which causes various degrees of impairment of mental and physical (somatic) functions. Depending on the person's size and susceptibility and on whether alcohol is taken on an empty stomach or with a meal, from 2.5 to 10 teaspoons (10 to 40 c.c.) impair the formation of judgment, normal restraint, and the performance of skilled movements; 10 to 25 teaspoons



EWING SALLOWAY

Alcohol Education—

For Moderation or Abstinence?

ANDREW C. IVY, Ph.D., M.D., D.Sc., LL.D.

holic beverages instead of for other goods and services, such as education, charities, and wholesome recreation?

7. Has the teaching of moderation been shown to prevent intoxicated persons from driving motor vehicles?

8. Has such teaching been shown to prevent the evils of alcoholic intoxication and alcoholism?

9. Is human nature and the nature of alcohol such that moderation can be maintained? Was Samuel Johnson, the author, correct when he said that it is much easier to maintain abstinence than moderation?

10. Is it possible to teach and maintain moderation when the alcoholic beverage industry, by means of advertising and propaganda, attempts to change the abstainer to an occasional drinker, and the occasional drinker to a steady drinker?



IN ORDER to prevent the consequences of alcohol intoxication, there are two objectives which must be clearly differentiated. The *first objective* is to prevent the temporary or acute type of alcohol intoxication which predisposes to traffic accidents, to loose talk, to inefficiency at work, etc. These problems arise when the amount of alcohol consumed is too small to cause obvious drunkenness. This refers to the occasional, the moderate, and the habitual social or dietary drinker.

(40 to 100 c.c.) cause obvious drunkenness. A bottle of 4 per cent beer (360 c.c. or 12 oz.) contains 4 teaspoons (15.4 c.c.) of alcohol. Eight teaspoons (32 c.c.) of whisky contain 4 teaspoons (16 c.c.) of alcohol. Four ounces (120 c.c.) of wine (14 per cent alcohol) contain 4 teaspoons (16.8 c.c.) of alcohol. Three ounces (90 c.c.) of fortified wine (21 per cent alcohol) contain 5 teaspoons (18.9 c.c.).

Tony Bettenhausen, the 1951 auto racing champion, served as a subject in an experiment which demonstrated these principles. Many other subjects reacted much as he did. The time required to move the foot from the accelerator to the brake was determined before, and 45 minutes after, he had taken 2 ounces (60 c.c.) of whisky, or 7.5 teaspoons (30 c.c.) of alcohol. Forty-five minutes after the whisky, his blood concentration of alcohol was .06 per cent (or .6 drop of alcohol to 1,000 drops of blood). The time required to move his foot from the accelerator to the brake before taking the alcohol was .406 seconds, after the alcohol, .498 seconds. This represents a 25 per cent impairment.

This is all that medical research can contribute to the first objective: It can tell one how much a person can drink without impairing skills, judgment, and normal restraints to a measurable extent. Of course it could recommend that the person take some antabuse, so that if he drank more than 2.5 teaspoons of alcohol he would become sick. This, of course, is not practical.

To attain the second objective, namely, to prevent

heavy drinking and addictive drinking, medical research is trying to find some way to determine which of the ten drinkers who start drinking socially or moderately will become an alcoholic. At present no way has been found.

If those who are destined to become alcoholics have some metabolic defect as regards alcohol, then a medicine or cure for the susceptibility or the metabolic defect might be found. However, if the cause of the susceptibility is discovered and it is not a metabolic defect, then all that medical research can do is to tell the person that he is susceptible and that he should not drink. But how would medical research get the person to follow the advice? Why some persons are susceptible is an important physiological or medical question. Much research should be supported to obtain the answer. Even though the answer may not provide a prevention, it certainly would elucidate and probably improve the treatment of heavy and addictive drinking.

So medical research now has nothing to offer toward attaining the second objective except to advise people to abstain and to say that if one drinks he will take a one-in-ten, or perhaps a one-in-five, chance of becoming a heavy or an addictive drinker. At present no way is known of avoiding the addictive properties of alcohol except to maintain abstinence.

2. The Answer of the Social Worker

The social worker does not have anything to suggest toward attaining either the first or second objective that has not been mentioned under medical research, except the following: A society with better food and housing, better medical care, fewer financial worries, better recreational facilities, and better mental hygiene.

However, the educational program for physical and mental hygiene would have to teach a person either to abstain or, if he drinks, never to take enough to impair his mental functions, always remembering that he takes a one-in-ten, or perhaps a one-in-five, chance of becoming a heavy or addictive drinker.

3. The Answer of the Moderationist

The moderationist maintains that people should be taught to drink so as not to interfere with their responsibilities—that is, not to drink before they drive, and never to take enough to impair mental functions. It is argued that since people are going to drink, they had better be taught to drink in moderation.

There is a group who drink in moderation, and they recommend that the facts about alcohol should be taught without supporting either abstinence or moderation.

4. The Answer of the Temperance Worker

The temperance worker believes that on the basis of past history, of the knowledge of human nature, and of the effects of alcohol on mental functions, the teaching of moderation has not worked and will not work. Hence, people should be educated to abstain. Many who believe in abstinence maintain that when 70 per cent of the people are educated to abstain and a prohibition law can be enforced by public opinion, then the manufacture and sale of alcoholic beverages should be prohibited. Others believe that a prohibition law is unnecessary if an intensive educational program for abstinence is maintained. History shows that such a program is required whether there is or is not a prohibition law. (Turn to page 31.)



Dear Mamie:

MILDRED COLE

When your famous husband took his Inauguration oath a few months ago, you were unaware that a segment of feminine America had an assignment for you, too. This segment represents an important part of America, a group who helped elect Ike, and, yes, you, too, for even then we had our eyes on you and our hearts set on the fulfillment of this assignment.

Oh, it's a tough one, this job. It will take pure, unmitigated nerve, of the crusading variety. We've looked you over critically and have decided you have the qualifying attributes, including a husband who will undoubtedly back you to the last ditch.

So, now that you're settled in your new home, have solved the problem of closet space, and have the intricacies of such items as calling cards and protocol under your feet, I thought it was time we gave you the word.

We have been following you in thought and prayer, aided by radio and television, since before Chicago. Inauguration Day we fairly burst with pride and admiration, and, yes, affection. Ike was superb, and we couldn't keep back the tears when he gave his own personal prayer. The simplicity of that little prayer seemed to bring God right to the center of the Inauguration.

It's been a long time since an American woman has had the potential for influence that you have! Our daughters are copying your bangs, your bonnets. And usually to them anyone over thirty is decrepit and not worthy of a first glance. I believe you could even start a fashion of high-top button shoes and the gals, from teen-ager to grandma, would go for it. You're quoted, discussed, imitated.

We look to Ike to so order the world that our husbands will smile again when they meditate before the open fire of an evening. We're counting on Ike to bring peace, so that our boys won't be sacrificed on a cold and bloody battleground.

But worrying about our boys in service isn't the only thing that keeps us awake at night, Mamie.

When the high-school gang's usual coke-tail party turned into a cocktail party the other night, and our daughter compromised her conscience with a Pink Lady, then boasted later, "I won't be afraid next time to take a *real* one," the fears of Korea seemed remote. There is, we believe, a necessity for Korea, but the possible results of a teen-age drinking party are not necessary, and are horrible for a parent to contemplate.

In a neighboring town a boy from a prominent family was killed in a drunken brawl, following a dance in a teen-age club. He had rifled his father's liquor cabinet before the dance.

My husband and I do not use or serve liquor any more than we'd tolerate as a guest in our home one who was a potential home breaker, a murderer, or who had the

power to addle our thinking and confuse our behavior. Yet liquor touches our lives in many ways, even threatening at times to creep into the very core of our family life.

My son's best friend brings his good shirts over for me to iron when "Mom's that way." This mother is a university graduate, where she was president of her sorority. She started drinking in her freshman year at the university and drank moderately until her husband lost his business and his mind several years ago. From controlled drinking she passed quickly to compulsive drinking. Her children suffer untold embarrassment and misery.

"Can't we even have one cocktail in the living room before dinner?" Nancy, home from college with her new boy friend, begs. "Everybody does it now, mother. Even Prexy."

Even Prexy, representing the institution where we're spending a lot of money to have our daughter taught to live more abundantly!

Yet last week my husband's boss, en route to the symphony, reacted a fraction of a second too slowly when a child ran into the path of his car. The child is hovering between life and death, and the boss is exonerated. "Accident unavoidable." But by the office grapevine we learned that the boss was hysterical at the scene of the accident, wringing his hands and moaning, "It was that extra cocktail! I know it slows me down. Why did I take it?"

Mamie, what do you suppose would happen if you had punch parties instead of cocktail parties? I know your cocktail parties were famous in Europe, but this is America, and the eyes of America's youth are upon you. What will Mamie do? What are her convictions?

I can just hear my husband's sister and her young married set buzzing: "Guess what! When Mamie goes to a cocktail party, she says, 'Oh, do you have just a good old American coke? A coke is an American institution and it's good enough for me!'"

Or from the bathroom of our home I can, in imagination, hear the voices of our daughter and her gang, giving each other permanents.

"I'm going to tease Mom to let me give one of those Mamie punch parties. You know, flowers floating around in the punch bowl. They're smart, and no danger of that (you know what) happening, as it did when Joan had her cocktails last summer."

Honestly, I believe you could make us a punch-happy nation! That's the assignment, Mamie. You set the pace, we'll follow.

Ike praying, Mamie serving punch, both going to church—

Is it too much to expect? Too much to expect from the idol of a nation?

With deep affection,
MRS. MIDDLE-CLASS AMERICAN MOTHER.

Common-Sense Code FOR TEEN-AGERS

WHITE STUDIO

E. Laurence Springer

Headmaster, The Pingry School
Elizabeth, New Jersey



DURING World War II many boys in their last year at school, realizing that they would enter immediately into military service on graduation, developed a feeling of futility about life. They knew that some of their number would not return from war, and they seemed to feel that they had better enjoy their "fling" while they could. Everywhere throughout the country this was so, and in our area there was an increase in drinking and partying which had a most unwholesome effect on school morale.

At first we were inclined to feel that the problem was entirely a parental one, but, as the situation worsened, we felt that we must take a hand and work with the parents and the boys. Beginning in 1945, the parents of the senior class were called into conference and the problem discussed. The matter was also discussed with the seniors themselves and their understanding and co-operation secured.

We went over the problem fully and frankly with them, pointing out the obvious dangers in serving young people intoxicating drinks and appealed to their common sense and better judgment and their standard of moral and ethical values. This became an annual occurrence as a matter of education and understanding of the rights, duties, and privileges of the teen-age group. These discussions were extended downward to include not only the twelfth grade but also the eleventh and the tenth.

Soon it became apparent that the co-operation of other schools was needed. This led to the study of the matter by The Association of Heads of Independent Schools of Northern New Jersey. The code as finally adopted was approved by representatives of parents in all the schools as well as by the heads of schools and was discussed by the student councils of the various schools and approved by them. We intend to send out the code each fall to all parents of students in grades nine through twelve in all the co-operating schools. It is our intention, moreover, to secure the co-operation of the Parent-Teachers Associations of the public schools in our area.

We have assumed that boys in this school would live up to the code and we have not been disappointed, except in rare instances. The boys' response has been splendid.



A "common-sense" code of social behavior for teen-agers, containing recommendations on student drinking, parties, driving, and parental chaperoning, has been drawn up by The Association of Heads of Independent Schools, an organization of twenty-one northern New Jersey private schools.

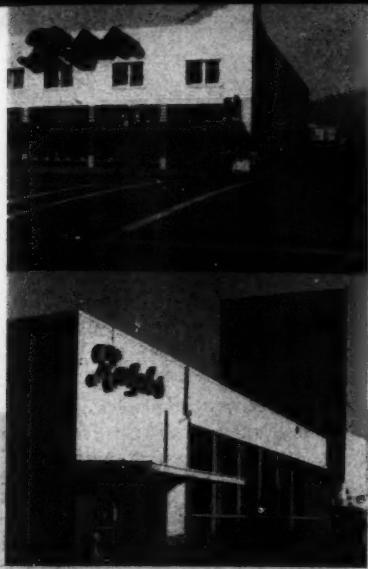
The code, in the form of a guide for parents, already has been introduced in many school communities and has received "wholehearted" co-operation from parents and students.

Leading out in the development of the code and promotion of its use is E. Laurence Springer, headmaster of the Pingry School, Elizabeth, New Jersey. Here he describes for "Listen" the background of the code's formulation and how it is being received and observed.

THE CODE

We believe that with common sense as our guide the following suggestions will apply generally and will contribute to the well-being of our young people:

1. Insist that your boy or girl go to no party to which he or she is not invited, and insist that no one be allowed at your party who is not invited.
2. Every party of teen-agers should be adequately chaperoned. Have no parties at your house unless you are there and in evidence so that you are aware of the situation. There should be a definite closing time, which should be made known in advance and should not be extended.
3. Before a boy or a girl leaves the home for a party, there should be a clear understanding between parents and the young persons how they will travel to and from the party.
4. Impress upon your son or daughter the full extent of the responsibility involved when he or she is driving someone in a car.
5. We consider it dangerous and contrary to the best interests of young people of high-school age for parents to allow intoxicating drinks (including beer) at parties. Whatever a parent may think about the education of his son or daughter in the matter of drinking, we think it is wrong for parents to offer intoxicating drinks to other people's children.
6. We disapprove of party after party into the small hours. Insist that your boy or girl telephone you if he or she is to be out later than agreed.
7. We feel that our boys should ask the parents of their girls what time the girls are expected home and comply with the parents' wishes. They should also advise the parents where they are going.



No alcoholic beverages are sold in the Ralphs chain of supermarkets.



Albert Ralphs, Sr., president of Ralphs grocery company, directs the operations of his thirty-one supermarkets from his Los Angeles office. He is shown scanning through a recent copy of "Listen."

A Matter of

Family Principle

PHOTOS BY BILL OLIPHANT AND ERIC TARR

BILL OLIPHANT

THE big Ralphs grocery chain in Southern California is noted for three things: friendly service, low prices, and refusal to sell any kind of intoxicating beverages.

The latter marks the Ralphs chain as unique among the supermarkets in the Los Angeles area, where the thirty-one Ralphs stores are located. Most other big grocery stores and nearly every small one in California stock liquors in some form as a matter of course. Most of them display liquors on their shelves along with foods, and the huge chain stores operate full-fledged liquor departments where every type of intoxicating beverage can be purchased openly. Such liquor departments operated in the food markets boast fantastic displays designed to catch the shopper's eye and open his pocketbook. Liquor sales by these food markets account for a considerable part of the year's net profits.

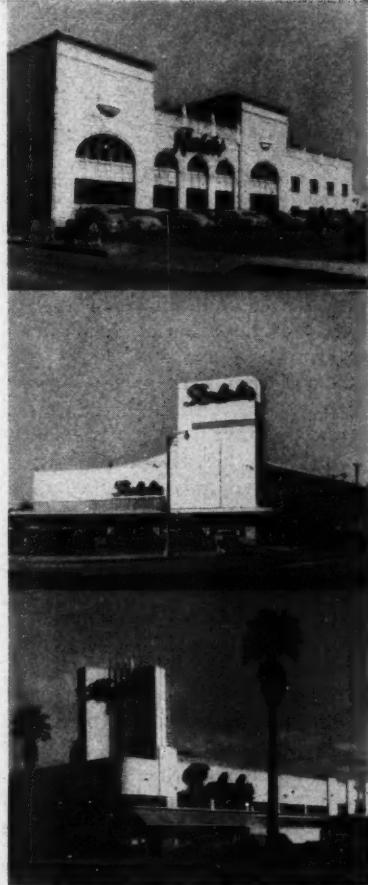
However, the Ralphs family, which has operated grocery stores in Southern California for the past eighty years, has not been tempted by the lucrative liquor business which is booming in other grocery stores throughout the state. Albert Ralphs, Sr., president of the multimillion-dollar company, says he feels that alcoholic beverages do not belong in a grocery store.

"Alcoholic beverages are not foods. Why should they be stocked in a food store?" he says.

"We have never sold liquor and don't intend to," he continues. "Too many young people come into our stores. We don't want to be responsible for putting liquor within their reach. People know we don't stock liquor in any form, and it is a rare occasion when someone asks for whisky, beer, or wine in a Ralphs market."

The manager of one of the newest and most attractive Ralphs supermarkets states that instead of losing customers because they do not stock liquors, they gain customers. He says that people appreciate the fact that their children will not be brought into contact with alcoholic beverages when they go to a Ralphs store.

The Ralphs have never sold liquor in their stores because with them it is





a matter of family principle. This principle was laid down by George Ralphs, who opened the family's first grocery store back in 1873.

That first Ralphs market was located at what is now the corner of Sixth and Spring Streets in downtown Los Angeles. The city had a population then of nine thousand.

The Ralphs family came to California from Missouri by covered wagon before the Civil War. In those days Indians still controlled much of the West, and travel in the slow-moving wagon trains was risky business. The train in which the Ralphs were members was almost wiped out by an Indian attack, the Ralphs being among the few survivors.

The remnants of the party struggled across the arid plains and over the Mojave Desert, eventually crossing the mountains of South-eastern California to what is now San Bernardino, where they started farming. That was in 1854.



The four men shown above direct the policies of the multimillion-dollar Ralphs grocery company, operated within Los Angeles for eighty years. The big grocery chain is unique among California food markets because of its strict ban on the sale of liquor, beer, or wine in any of the thirty-one stores. Shown (left to right): Walter Ralphs, Jr., vice-president; H. L. Hilderbrand, secretary; Albert Ralphs, Sr., president; and A. G. Ralphs, vice-president.

Nineteen years after the family arrived in California, George Ralphs established his first grocery store in Los Angeles. In 1875 his brother, Walter, became a partner in the venture.

Back when the two brothers were outlining the policies which have kept the Ralphs grocery chain out ahead through the years, Los Angeles was a sleepy little village. There were no railroads. In those days people rode around in stagecoaches, as in the Western movies now. The two Ralphs brothers served up their customers' orders from barrels. Even fresh milk was sold from barrels by the bucket. Cracker-barrel sages were a firmly established institution in those days, and the two brothers were often the subject of many of the conversations carried on by these local paragons because of some original ideas they held about merchandising, including low prices.

Despite the dire predictions that failure would "catch up to them," George and Walter Ralphs prospered. People could buy almost anything they wanted at Ralphs, and they kept coming back. California boomed, and the low prices and friendly service which the two brothers from Missouri maintained in their store helped them to boom also. In 1911 a branch store was opened at the spot where Pico Boulevard and Normandy Avenue cross, to keep pace with the growing needs of customers. By 1928, there were ten Ralphs stores going full tilt in Los Angeles. They were located at strategic points about

the fast-growing Los Angeles area, within reach of families in every section of the community.

In 1928 Ralphs abandoned home delivery and inaugurated "cash and carry" merchandising. This set the cracker-barrel sages to wagging anew, and the death sentence was pronounced upon the Ralphs stores because of this innovation.

It was in 1928 that Ralphs began cost-lowering operations which passed on more savings to the customer. People continued to be

"Alcoholic beverages are not foods. Why should they be stocked in a food store?"—Albert Ralphs, Sr., president, Ralphs Grocery Company.

drawn to the friendly Ralphs market for their groceries, and business grew so fast that by the end of the year six new stores were opened. People also liked the self-service which Ralphs originated and which is now standard practice in the grocery world.

Primary policies of the Ralphs grocery company have not changed through the eighty years the company has been in business. The same friendly service, low prices, and absence of alcoholic beverages in the stores continue as they have from the beginning.

The distinction of being one of the few grocery chains in California that doesn't sell alcoholic beverages in any form has won Ralphs markets the respect of increasing numbers of people. A writer for the Los Angeles *Examiner* commented in that newspaper recently: "Because they believe liquor has no place in a family food store, Ralphs has consistently refused to stock any form of alcoholic beverages. This conscientious policy is enthusiastically commended by individuals and organizations because they agree with the wisdom back of the policy. As a family-owned and operated company, serv-



Ralphs markets are busy places. Typical is the crowd of men, women, and children as they gather day after day at the Ralphs supermarket at Ventura and Yarmouth, Los Angeles.

ing families in their own communities, Ralphs feel a special obligation to the standards they set, as well as the services they give."

The Ralphs grocery company still continues to grow, with some of the most modern stores in the country in operation and others planned. In every Ralphs store the same principles are held: Give people friendly service, give them low prices, and give them the privilege of shopping in a store where no alcoholic beverage is sold.

FIRST QUARTER





A NEWSPAPER REPORTER LOOKS AT DRINKING

Hoyt McAfee

MOST of my friends consider it remarkable that I, a newspaper and magazine writer for eighteen years, have never taken a drink of liquor, beer, or wine in my life.

Here are the questions they ask me most frequently: "How have your hosts or hostesses reacted when you turned down a 'social drink' at cocktail parties?" "Haven't you been under a great strain—or felt strong temptation—when a lot of liquor was flowing at parties?"

To which I have always replied: "A 'sociable drink' means, so far as I'm concerned, a glass of milk, a ginger ale, orange juice, or tomato juice, whatever you prefer." In their propaganda releases the big liquor companies would have you believe that a cocktail or a highball constitutes the only "sociable drink." But a straight thinker knows that to be slimy, foul, false propaganda.

As for my hosts and hostesses at cocktail parties, they have never ribbed me or raised an eyebrow when I have requested a glass of milk instead of a hard drink. It all depends on your manner, your attitude, and your making your request in a straightforward, congenial manner. In any event, I have discovered that not even the hardest-drinking host or hostess will try to ram the cocktail down your throat.

In the matter of the supposed "strain" or "temptation," I have never felt either at any time in my life. In my youth I roamed the backwoods sharecropper country and remote mountain areas of north Georgia with my grandfather, a country doctor. On his rounds he had to contend with numerous hard drinkers and alcoholics. Ordinarily decent men would become foul-mouthed, physical brutes, and a disgrace to themselves when drinking.

Children went hungry. Families sank into deeper poverty. The minds and spirits of men and women atrophied. And the villain, in every instance, was hard drink. Under its spell, men would kick their children and beat their wives. Under its influence young girls would lose their self respect and become common, cheap.

Surveying all the tragedy caused by liquor, granddad would observe for my benefit: "That stuff can never do you a bit of good—and it certainly will always do you some harm. Just taking a drink or two at a party can develop, and almost always does develop, into a bad habit. You drink more and more. Forward motion is strong, and in time—maybe without your fully realizing what is happening—you're a confirmed alcoholic. You'd be exercising good sense by never taking that so-called 'sociable drink.' There should be no exception to that rule, whether the occasion be a wedding celebration, a raise in pay,

Christmas, New Year's Eve, or any other, however worthy."

Though my career as an adventure writer has taken me to many corners of the world, and thrown me into close contact with the roughest and toughest elements of society, I've never forgotten the common-sense advice my straight-thinking grandfather gave me. For that reason it has always been a simple matter for me to regard liquor as an agent of eventual ruin.

To quote one noted psychologist: "Since alcohol is basically a narcotic, it will never let you enjoy anything as fully as you could without it!"

BROKEN-BOTTLE DAGGER, by JACK HAMM



AND YOU BEGIN TO UNDERSTAND WHY ALCOHOLISM HAS BECOME A NATIONAL SOCIAL ILLNESS

The alcoholic involves not himself alone. He is no isolated problem. He is the vortex of a whirlpool that catches up his family, his friends, his business associates, his creditors, and a great segment of society. So the figure 1,000,000 for the number of alcoholics is small when multiplied by those whose lives are touched by the alcohol problem. In wasted man power, lost production, diverted energies, heartache, and disaster, alcoholism takes its toll to such an extent that alcoholism, with all its involvements, has become a national social illness.—Robert V. Seliger, M.D., "Alcoholism and the Community."





During 1952, the city court of Evansville, Indiana, handled about 5,300 cases, misdemeanors exclusively. This court serves the city of Evansville and Vanderburgh County, which jurisdiction has a total population of more than 150,000. It has been estimated that about 1 per cent of our local citizens find themselves one or more times in city court each year.

In looking at last year's 5,300 cases, we find 1,571 convictions for public intoxication alone. In addition to this number, there were 374 convictions for driving a vehicle while intoxicated. This makes a total of 1,945 individuals obviously guilty of "excessive" drinking.

Again, from last year's statistics, we find a large category of cases known as "traffic offenses." Fifty convictions on a charge of "hit and run" leads the court to believe that the prime factor for not stopping at the scene of an accident was due to the fact that the driver of the car had been drinking.

Reckless driving comprised a total of 516 convictions last year. These individuals were not classed as "drunks;" however, in many instances the evidence showed them to have been drinking. These are the people who, after having had a drink, think themselves to be nine feet tall and able to drive better than anyone else in the world.

These are facts concerning today's automobile drivers. We do not have the records of fifty years ago at the time of the horse-and-buggy age. We have no doubt though that many drunken men were protected by sober horses.

The last big class of defendants that find themselves in city court is the one involving matters of human relations. Of the 264 convictions

The Case of Evansville, Indiana

Emerson J. Boyd,
Probation Officer,
City Court of Evansville

tions for disorderly conduct and the 168 convictions for assault and battery, evidence was brought out in most instances that drinking was to blame.

In the fifty-one petty-larceny cases, nearly one half of the petty thieves admitted to the court or probation officer that they had been drinking.

Probably the most heart-rending of all human-relation cases were those of "failure to provide—for a wife and children." In almost every instance the prime factor for the moral disintegration was drinking.

Alcohol has created two types of problems for our court, namely, the social drinker and the alcoholic. The former class of individuals are good subjects for our probation department and usually respond favorably to supervision. The latter group, known as chronic alcoholics, are almost hopelessly lost individ-

uals whose chance of favorable rehabilitation into good citizens is less than 5 per cent.

We of the city court feel that the best control of alcohol is the education of the people for self-control by total abstinence. The practice of mental hygiene can remove much of the feeling of inferiority that causes people to feel the need of a "bracer." Most drunkards are cowards who evade the responsibilities of life. The best legislation for our country is the insistence that advertisers for the liquor industries tell the truth about their product.

The Evansville city court does not claim supernatural knowledge in dealing with the problems created by alcohol. We recognize the fact that more than 70 per cent of our cases are directly traced to alcohol. We present these facts to the public and hope that they will be accepted as a challenge to society.

BEER PARADE PROTESTED

Well known in some parts of the nation is the team of Clydesdale horses being used to advertise Budweiser beer by pulling a load of simulated beer cartons. Some time ago "Listen" reported the visit of this team to Waco, Texas, and the graphic counterpart in the form of a terrific auto wreck to show the danger of mixing drinking with driving.

Not long afterward this same team moved on into the city of Evansville, Indiana, where it was confronted with another parade following it, comprised of cars driven by protesting ministers of the city. Indian Chief Nokus Fixico joined in the protest. Signs again pointed out the danger of drinking and driving and advised, "Bud, you'll be wiser to



leave it alone." The protest was led by Richard R. Schwambrock of the Bethel Tabernacle, who also telephoned ahead to other cities on the team's schedule to arrange similar protests.

It hardly seems necessary for Evansville to advertise any alcoholic beverage. Its citizens



are already drinking enough to send thousands of cases into its city courts each year, according to the report of Emerson J. Boyd on this page. Drinkers have to pay twice—once for the drink, again for the results. The nondrinker has to share in the second expense.



LITTLE TRAINS FOR BIG BOYS

MORE than one hundred years ago, in 1852, a Buffalo physician named A. L. Henderson built the first complete model electric railroad in his home and thus started what has since become one of the world's largest and fastest growing hobbies.

Today hundreds of thousands of boys spend their spare time building and operating miniature railway systems that range from a single engine on a circle of track to elaborate landscaped models that duplicate in perfect detail miles of actual railroad right of way. On some of these systems, trains of all kinds are whistling and smoking over bridges and through tunnels, snaking around long curves and "balling the jack" right down the main line with green lights up ahead. Coal cars are unloading coal, lumber cars are unloading lumber, milk trains are rolling toward the city, in the stockyards steers are stumbling off the cattle cars, at suburban stations hurrying commuters are getting on and off the coaches or impatiently striding the platforms between trains. In fact, everything has been provided except an argument between the conductor and the engineer!

The latest development is an operation switch tower which has a switchman posted outside the tower room. As a train approaches, he hurries into the tower room to throw the switches and notify a watchman, who runs down a flight of stairs with a small pouch. As the train goes by, the man again climbs the stairs and returns to the tower room until another train approaches.

Obviously, this is not a hobby limited to children. At the beginning of World War II, manufacturers of miniature electric trains estimated that 35 per cent of their sales were to adults for their own use. Since the war the percentage has risen sharply. George V was a distinguished scale-model railroad enthusiast. So was Newton D. Baker, Secretary of War under Woodrow Wilson. So are Yul Brynner, Robert Montgomery, and Walt Disney, to mention only a few. Train fans reluctantly admit that the late Hermann Göring was one of their number—with, significantly, a penchant for arranging dramatic wrecks.

Within the last few years a new railroad club movement

A well-known actor, Yul Brynner, an ardent scale-model railroad enthusiast, compares an early electric locomotive with the latest streamlined Diesel, held by club president Alex Walker, as a happy group of club members look on.



A. C. Gilbert, Jr., son of the founder of the famous toy company, and maker of Flyers, presents the first official charter of the American Flyer Boys Railroad Clubs to Alex Walker of Locust Valley, New York. Young Walker and five friends pooled their model train equipment and built basement layout that earned them title as A.F.B.R.C. No. 1.



Every member of the railroad club has a specific assignment, must file a report, and pay a fine if responsible for an accident. A dozen different trains, running on several scale-miles of track and controlled by more than a score of switches, require split-second timing to keep on schedule.



has swept the country, converting thousands more American cellars and attics into "tin-plate turnpikes." It began when a group of boys pooled their scale-model equipment, their know-how, and their allowances to build a co-operative electric train layout in the basement of one of their members' homes. Today there are model railroad clubs in virtually every town in the United States, with thousands of members who represent one of the most enthusiastic groups of hobbyists in the nation. They have their own charters, their own bylaws, their own magazines. A New York manufacturer brought out an official uniform for railroad club members in the form of an engineer's outfit emblazoned with the insignia of the major American railroads and he was immediately swamped with orders.

There is even a television program beamed directly to this large and growing audience. Titled "The Boys Railroad Club," and sponsored by A. C. Gilbert (who manufactures American Flyer electric trains), it presents each week the latest in model-train equipment.

Railroad club members have their own language, too. Don't be shocked if your son asks for a "reefer" for Christmas. All he wants is a refrigerator car. When he speaks of giving a "high ball" to the "sacred ox," he means that he is giving the go-ahead signal to the locomotive. Similarly, in the lexicon of railroad fans, an engineer is the "Big E," a fireman is a "tallow pot" or "ash cat," a caboose is a "clown wagon" or "monkey house."

Most significant of all, however, is the fact that railroad clubs are bringing together groups of young Americans all over the country to work together for a common purpose. As they build and operate their model main line they are learning the lessons of enterprise, initiative, and co-operation and at the same time avoiding the pull toward habits and indulgences that degrade character and endanger life.



A special meeting of the board of directors is called to discuss a new addition to the corporation's rolling stock. Major investments like this must be approved by all club members.

FIRST QUARTER



Where to Find a "Full Meal"

Ruth Sharfel

WE ALL know, or have known, men like Rusty. He has an engaging personality and is completely amiable, *except when drinking*.

Rusty is a cartoonist who draws from "roughs" submitted by writers. My acquaintance with him dates back about two years ago, when I took some material to his unique studio in Hollywood. While we chatted and looked over the ideas, his wife brought in a steaming pot of tea. Rusty excused himself, and returned with a bottle. He poured himself a stiff drink into the teacup and swallowed the large draft.

His wife cast an apologetic glance at me. "Rusty is getting a cold," she said. "He's been overworking and is rundown."

Rusty looked at me and winked. I didn't know if it was about the "cold medicine" or if he was slightly amused at his wife's explanation. At the time I didn't realize it was an alarming situation, for in Hollywood tea is rarely served at tea parties.

After having more contact with Rusty, I realized he was a dipsomaniac, and very difficult to deal with at times. He would approve a rough idea for a cartoon drawing, and the next time I would see him he'd say he wanted to think it over. Later he would phone and ask what was holding up the work, that he had a deadline to meet. Explanations failed completely. When he was in one of his moods, no one was right but Rusty. If one agreed with what he said, he would reverse himself immediately.

If it hadn't been for the friendship I had struck up with his wife, I think Rusty and I would have come to an early parting of ways. His lovable wife was imbued with a spirit of forgiveness, and I marveled at her patience. Rusty's periodic spells made life difficult for her and their six-year-old twins.

He belittled her in the presence of others, but she remained silent in or-

der to avoid scenes. Rusty's complete change within the time it took the drinks to take effect made it apparent that the Dr. Jekyll and Mr. Hyde characters were more truth than fiction. While his wife never complained to others, the nerve strain began to tell. The least-casual observer realized things couldn't continue as they were.

About a year after I met them, I called at the studio with birthday gifts for the twins. Rusty opened the door and stared at me stupidly. His collar was open, with tie askew. His bloodshot eyes and unshaven face gave him a grotesque appearance.

"Come in, come in," he gestured. "I suppose you've come to pour oil on troubled waters, or to pat my feverish brow."

"Rusty, what's happened?" I asked, entering the disorderly room.

"Just this," he said. "My wife left me. Cleared right out, kids and all." He waved his arms around, then pointed a finger in my face. "I can't stand a woman who will take a man's kids away from him. Can you? Come on, answer me; can you?" He pounded the table in anger at my silence.

"Look, Rusty, don't shout at me. How about a snack while we get at the beginning of this?"

Rusty looked at me accusingly. "You think I'm drunk, but I'm as sober as a judge—most sober judge in town." He giggled foolishly at the last remark.

While I busied myself in the kitchen, Rusty rambled on, blaming everyone but himself for the misfortune that had befallen him. I was somewhat surprised that he sat down without much coaxing. He managed to eat part of an egg and some toast, and he drank what I prepared for him.

He had been losing assignments because he was undependable. Because of the lack of money, debts began to accumulate and creditors became insistent. The numerous arguments and remon-

strations were noticed by the twins, and his wife felt the atmosphere far from an edifying one in which to bring up children. Rusty said his wife had always tried to help him avoid drinking, but it didn't do any good, because he couldn't help himself. The climax came when Rusty lost a long-term contract for some drawings. He'd been told flatly that his work was superior to that of other cartoonists, but he was too unreliable.

"Rusty, do you ever go to church?"

"Church? No. Haven't been in one since I was married. Wife and the twins always go; that ought to take care of the family. Anyhow, a man can be just as good without going to church."

"Rusty, that recalls to me a remark my grandmother used to make whenever anyone said that. She said that those who stay away from church are like people who continually munch on food but are always hungry. Those who go to church are the folks who feel as though they have partaken of a full meal. Do you understand?"

"Think I do."

"Rusty, you yourself admit you're un-

able to control yourself. Don't you think it's a good idea to seek help?"

"Alcoholics Anonymous, I suppose?"

"That's a good beginning, but it's going to take more than that. It will require God's aid. Why not ask your wife for another chance? If she was willing to help you before, she'll be equally so now—that is, if you convince her you're serious."

"I'm afraid she is fresh out of patience." Rusty shook his head. "I've broken too many promises. Besides, I don't know where she is."

"You could find out. She's probably staying with friends."

"Tell you what," Rusty answered. "I'll try to find her, and I'll really tackle the drinking problem. Give me a week or two on this, and then check on me."

Several weeks later I answered the insistent ringing of the doorbell and found a grinning Rusty.

"How do I look?" he asked, walking up and down the room.

"Fine, Rusty. I don't remember any other time when I've seen you looking so well."

"That's not all. I feel even better. My wife's back. Know where I found her? She was staying at the home of her pastor's sister. I met him, and we had a long talk. He didn't preach or scold, just showed understanding and willingness to help. I've been going to church, too. I found out what your grandma meant about the full-meal

business. I sold a set of cartoons, and the fellow is interested in seeing more of my work."

"Rusty, I'm so glad!"

Rusty's happiness glowed like a neon sign. "Well, I must run along. I have a business appointment. Just wanted to let you know that things worked out. Come over soon."

That was a year ago. Rusty has never deviated from his resolution to stop drinking. His strength is fortified in the help he is giving others. Rusty is always willing to give his time and encouragement to those who are struggling with the vicious habit he overcame. He often says that things will be all right as long as he co-operates with his four board members: God, pastor, doctor, and wife.

Alcohol Increases Tuberculosis

"One of every seven alcoholics who passed through the King County jail last year was found to have tuberculosis requiring hospitalization."

"Dr. John J. Fountain, tuberculosis-control officer for the Seattle-King County Health Department, reports that eighty-eight active cases of the disease were found among 560 alcoholics after X-ray examinations in the jail."

"The death rate from tuberculosis among persons living in the Skid Row area is roughly fifteen times that of the general population, the department has found."—Harold F. Osborne, in *Seattle Times*, March 19, 1953.



THREE LIONS

IN NEW YORK CITY there's a street called the Bowery, where the outcasts of the city live.

Somewhat every time I hit the Bowery a traffic light turns red. Then my windshield gets smeared. A character comes over to my car with a rag and starts cleaning my windshield. Well, it's supposed to be cleaning, but I have to wash it later. When he gets through I am expected to tip him. People like him make it a regular business in order to get money for drink.

If you have the stomach for it you might drive along the Bowery. If you do you'll see bars with cheap whisky, hotels with rates of fifty cents per night—at least, the sign outside says "Hotel." Cheap restaurants, pawnshops, dot the place, with anything you want, from a harmon-

Where the Truth Is Told

CHARLES PATTI

ica to a diamond ring. The most famous part of the Bowery is the diamond center up around Canal Street. Diamonds from a few dollars to thousands are displayed in the windows.

The men who make the Bowery their home are what you are interested in. What are they like? You might like to park and walk along to speak to some of them. I don't. I stay in my car. I see too many unpleasant sights walking. When you stop at that traffic light again, give the fellow a quarter and he'll tell you his life history. They work in shifts, so if you stop at different hours you'll meet quite a number.

You might meet some that I have met. One fellow told me that he never drank in his life until he became a salesman for a wholesale

house. He had to go out drinking with different customers in order to sell. Before he knew it he was drinking on his own. He wasn't sure how long it was before he lost his job and wound up in the Bowery.

Another began drinking when he wanted to relax from his business worries. Today he has no business to worry about.

There are many. Some had nagging wives, or unfaithful wives, or other troubles that brought them to drink. Except for the salesman, they all were trying to escape from something or someone by drinking.

No matter what the whisky ads tell you, the truth is exhibited down on the Bowery—or on the skid row in your town. Use your intellect to solve your problems, never try to escape with alcohol. You can't do it.



Mr. Phillips congratulates his graduating daughter, Bettye Jeanne, while Mrs. Phillips and their other daughter Virginia Lamar look on.



WOOD 8

S. J. Phillips-- BIRTHPLACE SAVER



This replica of Booker T. Washington's birthplace stands on the exact spot where the former cabin was located in Franklin County, State of Virginia.

DO YOU know of any famous person's birthplace that needs to be rescued and rebuilt into an attractive park and shrine? Then permit me to introduce to you Mr. S. J. Phillips, founder and president of the Booker T. Washington Birthplace Memorial, near Roanoke, Virginia, and the George Washington Carver National Monument Foundation, in Diamond, Missouri.

But to start at the beginning of our story: Mr. Phillips, a graduate of Tuskegee Institute, with years of graduate work at other universities, put his knowledge to work as agriculturist and professor of agriculture at Tuskegee and other places in the South. Also his abilities turned in another direction when he founded the Booker T. Washington Sales Agency, for which he obtained as a client the Nehi Corporation, manufacturers of soft drinks. For them he opened up the market and popularized their product among Negroes.

While serving Nehi, Mrs. Portia Washington Pittman, daughter of Booker T. Washington, came to Phillips with the report she had heard that the farm on which her father had been born was about to be auctioned off.

"I know that you have always been

MADELINE GEORGE

interested in my father," she said. "Now I wonder if you could do something special in his memory? Is there any way you can save my father's birthplace for posterity?"

Phillips went to the Nehi Corporation, asking a loan of \$8,000 to buy the farm. The Nehi people not only lent him the money but also offered to put him on a salary and to pay all his traveling expenses so he could develop the place as a national shrine.

Having secured the farm, Phillips then petitioned the Virginia State Assembly for \$15,000 to erect a replica of the cabin in which Booker T. Washington had been born, to improve the buildings on the property, beautify and develop the grounds, and build a memorial drive.

This writer has had the privilege of visiting those grounds and seeing for herself the remarkable things that have been done. Not only has the cabin been built and a hard-surface road constructed, but also a small community is started, with its own post office. The area is clearly outlined, with markers designating the outstanding events in

the life of Booker T. Washington.

Like Washington, Phillips also wishes to help the people of his race. He has, since the original purchase, added two other adjoining farm areas, which are now used as a demonstration farm.

The house in which the owners of Booker T. Washington had resided was used as administration office and post office for the Birthplace Memorial until fire destroyed the building. With it went records, mailing lists, furnishings, cash, to the extent of \$150,000. Since then a fine two-story brick building, named Hopkins Hall after the first white member of the Memorial board, has been built to house these offices.

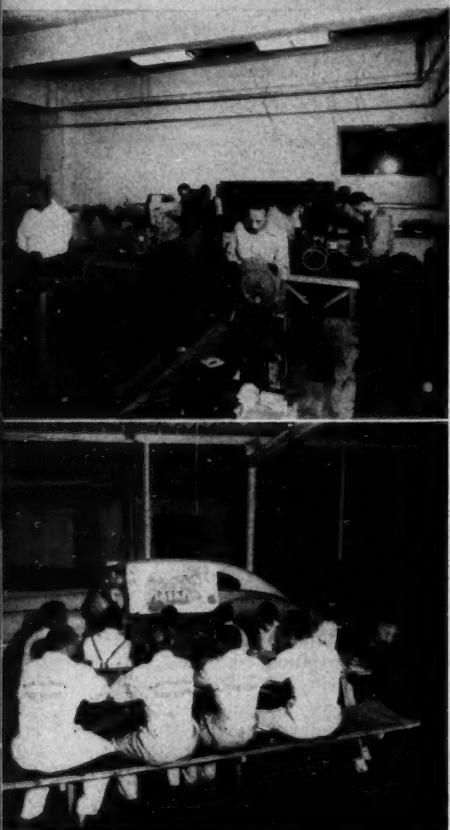
In Roanoke, Virginia, the Booker T. Washington Memorial carries on a trade school for Negroes who have not been able to get a high-school education. The course in business administration is held in a building owned by the Memorial; courses in bricklaying, carpentry, beauty culture, auto mechanics, and radio repair are conducted in rented buildings.

You may well ask, Where did Mr. Phillips get the money to buy these farms and buildings and to conduct a trade school? The project has been financed largely through commemorative coins picturing Booker T. Washington.



Putting brains and skill into the common occupations is practiced daily by these students of brick-laying at Booker T. Washington Memorial Trade School, in Roanoke. In four years, more than four hundred have joined the ranks of skilled labor.

Another group studies radio and TV construction and repair to gain proficiency in these fields.



Auto mechanics, theory and actual practice, helps to supply the area with critically needed skilled mechanics, and provides essential knowledge to aid them in their self-operated businesses.

Typing is one of the many varied courses in the business course taught at the Roanoke Branch, Booker T. Washington Memorial Trade School.



PARKER STUDIO PHOTOS

ton. A million and a half of these coins were distributed through banks to everyone who contributed \$1 to the Birthplace Memorial. Half of that amount went to the U.S. Government to pay for the coins; the other half helped to carry on this fine work. Besides the projects already mentioned, Phillips, after repaying his \$8,000 loan, planned regular weekly radio broadcasts from two Southern stations in the interest of good will between the races and perpetuating the teachings of Booker T. Washington.

To finance this greatly expanded program, Congress has again authorized the minting of special coins, this time with the profiles of both Booker T. Washington and George Washington Carver, the great educator and scientist whose birthplace in Diamond, Missouri, Phillips has also been instrumental in saving for posterity. He plans to make the shrine at Carver's birthplace another center from which will radiate inspiration, education, and other worth-while assistance to the people of the South, both Negro and white.

Discussing the various problems of the Negroes, Phillips feels that in addition to the ignorance and prejudice that limit the opportunity of the colored man more than that of the white man, his condition is made even worse when he spends his money for intoxicating liquor and weakens his efficiency and health with alcohol.

"Of course," he said, "Negroes and white people both are a mess when they get drunk. They both waste a lot of money on drink. Drunkenness doesn't help race relations any, that's sure. I have heard white men when drunk make statements about Negroes that I know they wouldn't have made if they had been sober."

Phillips leads such an active life, traveling a great deal and meeting many people, that he naturally is frequently with men who wish to drink. Asked what he does in such cases, he replied, "Oh, I let them drink. In fact, I'll even walk over to the bar with them, but I order ginger ale. I won't accept any intoxicating drinks. I never drink intoxicants, because I can't see any reason for drinking them. I have never seen any good effects from drinking them."

"Once I had dealings with a lawyer who was seeking to get the best of me in a legal matter. He invited me to drink with him, thinking he'd get me befuddled; but I ordered buttermilk. Later he laughed about it and told me why he had invited me to drink. With all the irons I have in the fire I don't know how I'd ever keep them straight if I allowed my brains to become addled

with alcohol. That sort of thing doesn't make sense to me."

Mr. Phillips lives, when he is not traveling, in an attractive little house on the grounds of the Booker T. Washington Birthplace Memorial. He has a charming wife and two daughters—Virginia, sixteen, who is a freshman at the University of Virginia, and Bettye, who teaches in a nursery school at Ann Arbor, Michigan.

By the way, if you wish one of these Carver-Washington coins, or wish to help Mr. Phillips in his worthy project on behalf of his people, write to him at Booker Washington Birthplace, Virginia, sending \$2 for each coin wanted.

WHAT ABOUT "RULE G"?

(Continued from page 7)

am more closely associated with them than with people in other occupations, but it seems to me that railroad people are increasing their consumption of liquor at a much greater rate than others. A consideration of this fact brings us right up against the discipline problem, which is one of management's prime headaches. It is virtually impossible to prove that a man is under the influence of alcohol; and even when it is proved and disciplinary action is taken, it is likely that the National Railroad Adjustment Board will sustain a claim from the employee. Naturally such things have had a bad effect on supervision. Even the most conscientious supervisor hesitates to take action which he knows in advance will not be upheld.

I have never been able to understand why a group of men will expose themselves day after day, year after year, to the grave personal hazard of working with a co-worker who they know is unsafe because of his drinking habits, when the cure for it is right in their own hands. Generally they do not hesitate to call management's attention to some trivial physical hazard, but it is seldom that a crew member reports a co-worker for being drunk or unable to perform properly and safely his duties because of drinking.

I believe our best chance of licked this drinking hazard is to convince the sober employee it is his duty not only to his employer but also to himself and to his family to refuse to work with anyone who is not in condition to perform his duties properly, just as he would refuse to work with an unsafe tool or piece of equipment. It is an educational program, and while results may seem slow in coming, I believe such a program, intensively carried out, will eventually bear fruit.

What Alcohol Does to the BRAIN . . .

EDWARD PODOLSKY, M.D.



THREE LIONS

THROUGH the years, various physiological studies have proved that the constant imbibing of alcohol injures all the organs of the human body. Specifically, it has been demonstrated that alcohol has definite ill effects on the brain. This recalls the tragic reality that Shakespeare expresses through the words of Cassio (*Othello*): "O God! that men should put an enemy in their mouths to steal away their brains!"

When alcohol is taken excessively, the brain absorbs a portion of it. If a person dies while in an alcoholic stupor, his brain has an unmistakable alcoholic odor. In fact, the brain is readily affected no matter how little alcohol is taken; but when large quantities are taken, it becomes waterlogged. This condition gives rise to headaches, thick speech, erratic behavior, and, in more severe cases, stupor and coma.

Chronic alcoholism leaves its permanent marks on the brain. The first physician to make a careful study of such effects was Dr. C. Wernicke, in 1881. He has given his name to a brain disorder, polinecephalitis superior alcoholica, or Wernicke's disease, which is a result of chronic alcoholism. In this disease there is paralysis of the eye muscles, unsteady gait, disturbance of consciousness, ending in coma. Minute hemorrhages occur throughout the brain.

In 1901 Dr. A. Meyer, after an exhaustive study of the brains of chronic alcoholics, found various degenerative changes. These gave rise to depressive disorders, and in some cases idiocy and general paralysis.

The Russian physician Korsakoff found that many chronic alcoholics de-

velop personality changes due to brain damage. He reported an excessive deposit of lipochrome in all nerve cells in the brain and around the blood vessels in the prefrontal area and motor cortex of the brain.

In 1933 Drs. L. Bender and P. Schilder found scar tissue in various parts of the brains of chronic alcoholics. The blood vessels were also affected, giving rise to patches of bleeding.

Different studies of the brains of chronic alcoholics show the principal change to be a gray degeneration localized in the two commissures: the corpus callosum and the commissure anterior. In the corpus callosum the degeneration extends from the genu to the splenium, and on the sides of the corona radiata. These are all technical terms, but they are meant to show that the changes in the brain are definite and to be found in well-defined areas.

Microscopic examination of the degenerated areas shows that the tissue is less compact and more vascular. There is frequently hyaline degeneration of the walls of the minute blood vessels, which often have a tortuous course. The granule corpuscles, with products of degeneration of the medullary sheaths of the nerve fibers, are abundant in recent cases, scanty or absent in old cases. In the neuroglia there is swelling of the fibers. The nerve fibers are degenerated and deprived of the medullary sheath.

These are descriptions, in the words of the pathologist, of what alcohol does to the human brain. These changes are quite marked and in many cases permanent with subsequent drastic effects on the mental and physical health of the individual.

In most cases of chronic alcoholism

the pathologist who removes the brain at autopsy has discovered a notable increase in the amount of fluid in the subarachnoid space. Minute hemorrhages occur in different areas.

The changes that alcohol brings about in the brain are physical and structural ones. That is not the most important consideration, however. Even more important is what these brain changes and damage do to the person possessing the brain. Everyone knows that alcohol makes one drunk and causes him to act in a foolish, if not sometimes a psychotic, manner. Alcohol blots out the memory for recent events. Also, it paves the way for other substances to enter the body as harmful agents. It sensitizes the body to infections, local and otherwise.

What are the effects of alcohol on the nervous system? Here are some of the findings of doctors who have had considerable experience with chronic alcoholics: convulsions, pupils fixed to light, pupils sluggish to light, paralysis of the eye muscles, tenderness of the eyeballs, facial weakness, rigidity of the neck, absence of knee and ankle jerks, jerking movements of the muscles of the body, tenderness of the calf muscles, tingling and numbing sensations in the muscles all over the body. These are all indications that the constant use of alcohol has brought about specific nerve damage.

From the medical point of view, then, there is no doubt that the continual use of alcohol exerts many deleterious effects on all the organs of the body. The effects on the brain are marked; it is damaged to a more or less severe degree, and this damage is reflected in altered bodily and mental manifestations.



CECIL CHARLES

George Bruce,

BODY BUILDER

Interview by

**FREDRIK
W. EDWARDY**

When I was a boy I lived in the city, but during the summer I went to my grandparents' farm in the country. I looked forward to this time because I would almost live outdoors. Most of all, I loved to be with my grandfather, a man of about seventy years. He was a big, full-chested man six feet tall and weighing about two hundred twenty pounds. It thrilled me to watch his powerful muscles rippling in his arms when he was cutting wood, or plowing, or engaging in some other physical activity.

I'll never forget the day of the county fair when the athletic events took place and grandfather took his turn wrestling in the sawdust pit. He wrestled four or five men during the afternoon—men who were as much as fifty years younger than he, yet he always won. I believe grandfather could make the most of his vitality because he never smoked or drank liquors. He often said: "Give me a man who smokes, drinks, or abuses his body, and I will defeat him in half the time it takes to down any other athlete."

I often think of this wonderful man when some weak, flat-chested young man sits in front of me in my office and tells me with trembling voice that he is too old to do anything about his weakness. I tell him that as long as there is breath in his body, he can improve his physical being.

It is my desire to inspire millions of people to improve their health, but such is the lethargy of people that I am lucky if I can interest one in a thousand. Many people who think they are in good health are only existing through life!

George Bruce

CECIL CHARLES

George Bruce,
trainer of
beauty
queens, with
six of his star
pupils.



GEORGE R. BRUCE, of Van Nuys, California, is the last man you would think could turn out as a physical instructor. A bout with polio, and twelve operations,—four of them major,—kept him flat on his back for fifteen months. As if that weren't enough, tuberculosis left him the use of only one lung.

But "Butcherman" Bruce, as he came to be known from the meat cleaver which is now his insignia, adopted a health plan that not only put him back on his feet, but far out in front of most of his fellow men. Sprinting eight to ten miles is routine with him; when he swims he covers several miles; at weight lifting he hoists more than does any man fifty pounds heavier than himself.

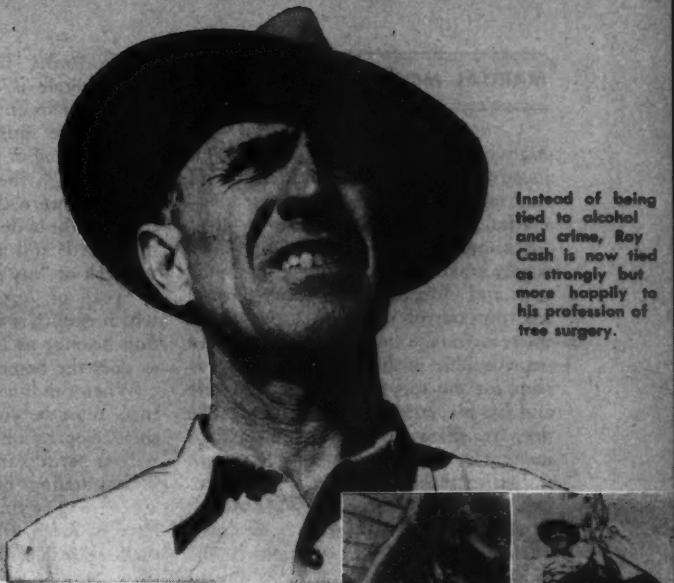
A sprightly "youngster" at fifty-four, Bruce has tripped over some of life's obstacles before he discovered how to avoid them. As a young wrestler he gave up smoking when he realized that his nonsmoking opponents always had a decided advantage over him.

However, though he believes both liquor and tobacco to be detrimental to health, he does not find it necessary to press his personal convictions upon his trainees, of whom he has about two hundred at present, both men and women, ranging in age from seven to seventy-four. Instead, he lets the problem take care of itself. In nearly every case, he says, where his program is strictly followed, the individual automatically loses interest in drinking and smoking. Proper diet and exercise seem to make such habits unnecessary—and unattractive!

Moreover, as you might expect from a physical instructor like Bruce, he is against mere sporting-season fitness. "A man should keep himself in tiptop shape at all times," he says. "It is foolish to guard your health merely for an athletic season of four or five months, as many baseball stars do. Sometimes I shudder to think of the future of our country where physical fitness plays such a small part!"

RESCUE FROM RUIN

CHARLES
ETHERIDGE



Instead of being tied to alcohol and crime, Roy Cash is now tied as strongly but more happily to his profession of tree surgery.

The Thrilling Tale of Roy Cash, Oklahoma City Businessman

TAKE the tenth of eleven children. Leave him motherless at the age of four. Watch him build a criminal record in eight states while becoming a chronic alcoholic.

Put him in the Oklahoma City jail on Christmas Day. See him converted in a religious service at the jail. Then follow him as he becomes a Sunday-school superintendent, missionary, and highly respected businessman.

This is a true story about a real person. His name is Roy Conway Cash of Oklahoma City.

Cash is now a tree surgeon and landscape gardener with a clientele of big country homes and many business establishments.

Roy was born in Eddyville, Kentucky, and went to school only a few years. He became an attendant in mental hospitals and worked in hospitals in Kentucky, Ohio, Iowa, Michigan, Wisconsin, Pennsylvania, and West Virginia.

"I was in jails everywhere for everything," he remarks, "for stealing, car theft, panhandling, fighting, begging, but mostly drunkenness. I was on a chain gang at Clarksville, Tennessee. My first wife died of alcoholism."

Cash came to Oklahoma City about fifteen years ago and promptly became "a steady boarder" at the city jail.

Then came Christmas Day, 1940, with Cash occupying his usual spot in the city drunk tank. A group led by Fred Cherry, a Trinity Baptist Church layman, came to hold services. Cash was impressed. But conversion didn't take place in a hurry. Even with divine

help, shaking a twenty-year-old addiction to liquor can be a problem. Cash slipped, and wound up in jail again in March, 1941. That was his last.

Since then he has been an active member of the First Methodist Church. With the help of other interested people, and giving major credit to God, Cash has developed the Frisco Mission, down among the warehouses, from nothing to a thriving Sunday school for children with backgrounds like his own. Dr. Caradine Hooton, now head of the Methodist Board of Temperance in

WHAT DRINK DID TO ME

I can best tell what liquor will do to young folks by what it did to me. I grew up morally clean until I was eighteen. I started drinking to be a good fellow, but the first thing I knew I couldn't do anything without it. It gave me a feeling of false pride. When it was gone, I was helpless as a baby.

Drink is the greatest monster in the world. It denies the best things in life to its user. It puts him in the category of having nothing.

The habit starts with a social drink. You're "chicken" if you don't drink. The first drink is the first step toward becoming an alcoholic. Once I became an alcoholic, there was nothing I wouldn't do to get liquor. Many times I pawned my shoes in zero weather to get whisky. If the man in the pawnshop took pity on me, he'd give me an old pair. If he didn't, I'd walk out into the snow with my bare feet.

Alcohol is nothing but a narcotic, and I don't care who you are, it'll "flip you."

Washington, D.C., started Cash on this project.

"This mission is sort of a dream project with me," Cash remarks. "It is my response to the Lord who has done so much for me."

He says he is rewarded when he hears of experiences like that of the youngster who proudly told him, "I was down visiting my grandmother, and I ran into a boy. He was fourteen, and he'd never heard about Jesus."

"What did you do?" Cash asked.
"I told him," the youngster replied.

MARITAL MORALE

(Continued from page 11)

high light of the year's activities, enjoyed equally by husband and wife, marriage bonds are strengthened and marital morale is improved.

I know a naturalist whose interest in nature takes him on long camping trips and induces him to spend most of his time out of doors. But this man's interest in the out-of-doors does not deprive him of his wife's companionship, for she, too, is interested in nature and is his constant companion. She does her share of carrying camp equipment when they "pack in." She is as skilled in the culinary art when working over a campfire as when using her chrome-trimmed range in her own kitchen. This man's vocation is the more enjoyable because it is shared

The *third* factor in maintaining good morale is the plan for handling family finances. If morale is to be good, there must be provision for an equal sharing of financial responsibility. Even though the husband may be primarily concerned with earning the living and the wife with maintaining the home, it is still as inconsistent for him to speak of "my money" as for the wife to speak of "my home." The income which results from the husband's vocation belongs as much to both partners as does the home and its comforts.

When funds are meager and expenditures must be curtailed, there must be such co-operation between husband and wife as permits them each to have a full understanding of each other's needs. There may be times when the wife will have to forgo a new dress in order to make possible the purchase of some piece of new equipment for the hus-

Another couple handles the matter of dual financial privileges by maintaining a joint checking account. Each is able to write his own checks. Their mutual confidence is dependent on a plan by which they keep each other informed of their desires, plans, and experiences.

A *fourth* requisite to marital morale is a willingness to accept less than perfection. Too often a husband expects more of his wife than of himself. Similarly, a wife may expect her husband to reach that ideal which she held in the days of their courtship, even though the press of household duties may have made her willing to overlook her own shortcomings.

At the time of marriage a husband and wife promise to accept each other "for better or for worse." Even though young people while under the thrilling spell of courtship may not be able to see each other's faults, they need not become critical as human frailties come to light following marriage. When the good wife burns the toast, she should not be criticized, but only loved the more for being human. When husband fails to introduce a friend, his wife should not humiliate him with criticism, but, instead, find a tactful means of encouraging his progress in matters of etiquette.

Now that we have considered the factors which contribute to a cordial relationship between husband and wife, we are in a position to understand how the use of alcohol prevents good marital morale.

The use of alcohol makes a person selfish in his relation to his spouse, interferes with wholesome companionship between husband and wife, disorganized the handling of family finances, and makes the marital partners intolerant of each other and of each other's shortcomings. Let us see how alcohol thus undermines the very foundations on which good morale is built.

The person who uses alcohol will soon establish a selfish attitude with respect to his drinking. His desire for alcohol assumes place No. 1 in his list of desires. Even the social drinker adopts an attitude by which he demands the privilege of drinking when he chooses, whether this is sanctioned by his spouse or whether it interferes with the comfort and welfare of others. He selfishly closes his mind to the evidence that alcohol undermines his health and, on this count, if there were no others, endangers the future of his happy home. He becomes indifferent to the evidence that while under the influence of alcohol he runs a greater risk of accident and thus of sudden death or permanent injury. Thus, again, he refuses to give consideration

NEEDED--A NEW LAW

MARGARET A. GUSTAFSON

When a person becomes a confirmed alcoholic, he must get his drink by hook or by crook. Any amount of money he can obtain is spent for alcohol.

As the law now stands, any member of a family except incompetents (alcoholics are not considered as such) can force the sale of family property in an estate. Alcoholics are given the same privilege.

I do not know of any law that prohibits an alcoholic from forcing the sale of family property in the settlement of an estate. Why should a family, small or large, lose its income-producing property, such as farms, oil wells, cabins and resorts, apartments, ranches?

A law should be written that completely bars an alcoholic from forcing the sale of family property. It should be promptly passed by the legislatures and then enforced. An alcoholic can force his family to become recipients of public welfare, when he forces the sale of their income-producing property. He soon squanders his part of the sale and has unpaid debts that compel other members to lose their share. This can be remedied only by legal statute.

with his wife and because she has developed an appreciation by which she can fully understand and share the thrills he obtains from seeing nature firsthand.

I know a professional man whose hobby is motorcycles. Ordinarily such a hobby would take a husband away from his wife every time he went for a ride. Not so with this man, however, who appreciates the importance of companionship in maintaining marital morale. He has encouraged his wife's interest in the same hobby and so they ride together. Although the feminine tastes which many a wife cherishes would not permit her to accept cycling as a hobby, this couple enjoys many hours of companionship while riding the "iron steed."

band's business. But it is not fair for the husband to insist on continuous priority for the business to the extent that the wife's wardrobe or the appointments of the home suffer disproportionately.

When funds are more abundant, husband and wife should have an equal share in determining how the net earnings are to be spent. I am thinking of a couple who have enjoyed prosperity and who, at the end of each month, make a calculation of the net earnings for the month. This amount is then divided equally between them. Thereafter, the wife is free to spend her share in maintaining the home, purchasing clothes, and in other ways of her own choosing. The husband's share is used as he pleases for business or hobbies.

to the rightful obligation he owes to his spouse in maintaining the security of their home.

One of the early effects of drinking is to make the individual less strict in his adherence to accepted social standards. He becomes gregarious. He loses his sense of primary loyalty to the wife who is rightfully his and his only. Then, after the effects of the alcohol have passed, he may realize that he has done foolishly and that he has been inconsiderate of his companion. But even though she manifests a forgiving attitude, there is a lingering sense of self-accusation, a loss of self-respect, and an awareness that the sanctity of the marriage relation has been violated. So the use of alcohol, even in social drinking, beclouds that wholesome companionship between husband and wife.

The use of alcohol makes a person less able and willing to co-operate in the handling of family finances. When a person who is accustomed to indulging in alcohol wants a drink, he does not stop to consider whether this expenditure is within the limits of the family budget. He thinks only of his personal interest. Once under the influence, he forgets the agreements that have been reached between him and his wife regarding the use of their family funds. Though the cost of additional drinks exceeds his present funds, he loses perspective and gives attention only to his cravings of the moment.

Finally, alcohol interferes with that ability to give and take which is so necessary in maintaining good marital morale. Irritability is one of the common symptoms of mild intoxication. And irritability quickly develops into intolerance. The ability to see a problem from the other's viewpoint is lost while under the influence of liquor.

The person who uses alcohol does not completely regain his ability to be tolerant when the effects of the alcohol have worn off. Smooth relations between husband and wife require many adjustments. There must be a willingness to compromise, an ability to be happy in the face of disappointments. But the person who has experienced the effects of alcohol has found a means of escape from the reality of hardship. While under its influence he is emancipated from the stern facts that would normally require compromise and adjustment.

The wholesome reaction to the problems of life is to face the facts squarely and then plan one's course of action so as to work out an appropriate adjustment, but the person who uses alcohol reacts differently when faced with a difficult situation. His reaction is not to try to solve the problem, but to take

recourse, as he has previously, to the freedom from responsibility which he experiences while under the influence of alcohol. This is the most important reason why a person who indulges in alcohol does not make an adequate adjustment in marriage and is therefore not capable of doing his part to maintain good marital morale.

Pony Express Pledge

The riders of the famous Pony Express of the 1860's were required to sign this pledge: "I do hereby swear before the great and living God that during my engagement, and while I am an employee of Russell, Mayors, and Waddell, I will under no circumstances use profane language; that I will drink no intoxicating liquors; that I will not quarrel or fight with other employees of the firm, and that in every respect I will conduct myself honestly, be faithful to my duties, and so direct all my acts as to win the confidence of my employers. So help me God."



ALCOHOL EDUCATION

(Continued from page 14)

It should be clear from this discussion that the prevention of alcohol intoxication and its consequences is primarily a social problem in the field of public health. It does not become a medical problem until the heavy or addicted drinker or the personal-injury case reports for treatment and rehabilitation. There are many problems for research in the physiological, psychological, medical, sociological, and legal fields.

Education is certainly the only answer to the problem of the prevention of difficulties which arise from the consumption of alcoholic beverages.

The public sorely needs education to awaken it from the apathy it manifests toward the alcoholic, who is a sick person, needs help, and can be helped. But it should be obvious that the prevention of alcoholism is far more important than rehabilitation. The apathy, and in many cases the resistance, of the public and even members of churches to an educational program is astounding in view of the facts.

Shall we do nothing about it and not educate?

Shall we educate the young to take the gamble of becoming a drinking driver or an alcoholic?

Shall we educate the young *not to take the gamble?*

Are the 65,000,000 drinking Americans afraid of such a program?

Do the 35,000,000 abstainers have sufficient conviction to support adequately those organizations which now have an organized educational program?

Whether to teach moderation or abstinence is a much-debated question. The only ethical thing to do is to present the facts properly, honestly, and thoroughly, and let the student make the decision. The student will make the decision anyway. The student should know the risks if he or she decides to drink. The obligation of the educator is to make sure that the decision is an informed one. It will not take long for the student to find out how his teacher has been influenced by his understanding of the facts.

However, the degree of ignorance of the facts by high-school and college students is extraordinary. In a survey made in the State of Washington and reported by the *Quarterly Journal of Alcoholic Studies*, only about 15 per cent of the students knew that alcohol depressed the brain. Only about 50 per cent knew that alcohol impaired skills and judgment, and about 55 per cent thought an alcoholic could stop drinking voluntarily. Obviously, a great deal more education regarding drinking drivers and addiction to alcohol is needed.

The survey also showed that among the drinkers 68 per cent of the men and 59 per cent of the women would drink socially, and 72 per cent of the men and 63 per cent of the women would take a drink for its relaxing or drug effect; 57 per cent would drink because it tasted good. The significant point here is that such a high percentage drink for its drug effect. Little wonder that 70 per cent of alcoholics start drinking as minors.

Other figures could be cited showing the degree of ignorance of the facts. The foregoing examples were selected because they represent a recent survey made of high-school and college students who have been exposed to more education than most people. Many physicians do not know the extent of the involvement of alcohol in traffic accidents, though they do know it is high from the accident cases seen in the hospital—on whom, however, a blood test for alcohol is rarely done. Many physicians do not themselves know the extent to which heavy and addictive drinking occurs.

Reasons for Drinking

There are three basic reasons for drinking. *The first is the desire to be sociable.* Drinking is a part of the ac-



Carolyn Corley

Interview by
ROGER BURGESS

Seventeen-year-old Carolyn Corley was the first girl to be elected International Youth Chairman of Allied Youth, an organization for teen-agers dedicated to proving that youth don't need alcohol to have a good time. There are Allied Youth chapters in high schools all over the United States and Canada.

Carolyn kept things buzzing in her own high school in Orangeburg, South Carolina, where she was graduated last spring. She was editor in chief of the school annual, president of the National Honor Society chapter, president of the dramatics club. For two straight years she won first place in the Dixie Club's short-story contest in Orangeburg. In November she took time out from her beginning college studies at Spartanburg to preside over the annual Allied Youth convention at Buck Hill Falls, Pennsylvania.

tions of the social set or part of the culture of the group. Most drinking starts this way. *The second is that alcoholic drinks taste good.* Of course, the taste for beer (bitters) and drinks with an alcoholic concentration higher than 14 per cent has to be acquired. *The third is for the drug effect of the alcohol.* "It makes me feel good" (euphoria). "I take it to relax." "To get along better with people." "To give me confidence." "To get away from my worries." "To get a little high." "Just for the devil of it." "To calm my nerves." Frequently two or three of the reasons are combined.

Is drinking of alcoholic beverages necessary for sociability? If drinking is necessary to belong to a group, psychiatrists say that such a group is not very mature. In most instances a person can have a good time and be a member of a group without drinking. Many people do not drink coffee (or tea) and cannot do so because it disagrees with them. Yet they belong to and have a good time with groups who drink coffee.

Are alcoholic beverages necessary for taste as a condiment, a beverage, or a dessert? Obviously alcoholic beverages are not necessary for these purposes. Unless one forms a dietary habit for them, they are not missed.

Are alcoholic beverages necessary for the drug effect of the alcohol? Alcohol is particularly dangerous when taken, especially repeatedly, to relax, to drown frustration, to escape worries or a feeling of inferiority, to give confidence, to serve as a crutch for emotional imma-

turity and dependence. All drugs with addiction-producing properties, like opiates, barbiturates, benzedrine, and alcohol, are "faithless friends" and too frequently enslave.

To criticize the social and dietary merits of alcoholic beverages, when it may be possible for nine out of ten or four out of five persons to drink without becoming drinking drivers or alcoholics, does not make a case for abstinence. Many "moderate drinkers" will say, "Forget those reasons for drinking and I will still drink moderately because I like it. Why should I forgo this pleasure for the benefit of the minority who will make fools of themselves, who will become drinking drivers, and who cannot control their drinking?"

First, although they claim they can control their drinking, they are nevertheless taking a chance of losing control of their drinking. When a crisis of life comes, the heretofore controlled drinking may become uncontrolled. In such situations the abstainer is in a stronger position than the moderate drinker.

Second, it is the social and moderate

Time to Spend

Today with cars we travel fast;
The horse-and-buggy days are past.
With progress on the upward climb
We save both energy and time.

But I like country roads unpaved,
To use what time I might have saved;
In day or dark, to drop the reins
Of horses down familiar lanes.

Theresa E. Black.

drinker, the person "of distinction," and not the drunk, who is responsible for the failure of his less enlightened, weaker brother to maintain control of his drinking. The fact is that others are injured by the admirable example of the person who can control his drinking. Those who think they can control their drinking should ask themselves: Is the pleasure which my controlled drinking affords me worth the production of the seven million heavy and addictive drinkers, the many traffic deaths and injuries due to drinking drivers, and all the other human misery consequent to alcoholic beverages? Parents should inquire: Has the drinking of alcoholic beverages contributed so much to my happiness that I want my child, and all children, to take the chance of being alcoholics and drinking drivers and divorcees because of alcohol?

If a person is unmoved by such social, ethical, or religious considerations, there is nothing more to be said. However, if a person believes that he has responsibilities as well as rights as a member of society, he cannot be guided merely by what he likes. All persons must squarely and courageously face the questions asked above.

Specious arguments are frequently presented to the untrained mind to justify the contention that things which hurt your weaker neighbor should not be given up. Five examples will be cited.

The first argument is framed as a question: Would it be wise in trying to eliminate traffic injuries to propose the abolition of all motor vehicles? The fallacy is that the question assumes that alcoholic beverages are as necessary as motor vehicles.

The second argument, which was used in *Life* magazine on July 14, 1952, is worded as follows: "Alcohol is no more responsible for man's misuse of it than food is responsible for his gluttony." To make such a comparison in order to exonerate alcoholic beverages as a cause of alcoholic hang-over and other ills due to alcohol is misleading. Relatively small amounts of alcohol intoxicate and convert the consumer into a potential murderer when he drives a car, and food does not; food does not possess addiction-producing properties, and alcohol does; food does not increase crime, poverty, divorce, and accidents, and alcohol does. Yes, without food there would be no food gluttony, but we would all die; without alcoholic beverages there would be no alcoholic hang-over, but many lives would be saved and much human misery prevented.

The third argument, which was also

used in *Life* magazine, is to claim that alcohol is an indispensable medicine for certain heart and vascular conditions. The fact is that alcohol is not indispensable. It is only a drug among others which may be helpful when its consumption is confined to medicinal use. Other drugs and remedies are available which accomplish the same actions. The fact is that an exceedingly small amount of alcohol is consumed for such medicinal purpose in the United States, yet this medicinal action of alcohol is used as propaganda to support the non-medicinal use.

A fourth argument is, "Civilization not only engendered alcohol but apparently created it—as a weapon against fears—and helps him (man) enjoy the

Two Windows

EMILY MAY YOUNG

In one store window was a fine display
Of whiskies mellow and old,
And various bottles of wines and gin
All labeled in silver and gold.

Another store window next to this
Was festive, gorgeous, and gay
With baskets of flowers of many hues,
In ultra-attractive array.

The contrast between these two windows
Made my heart wonder within—
Why one store dealt in beauties of life
And the other in ugliest sin;

Why one owner shared in cheering the
sick
And in adorning altars of gold,
While the other one shared in misery and
want,
And in sin and in sufferings untold.

present." This is an epicurean philosophy which substitutes alcohol or a drug for the contributions which religion, science, music, art, rest, and recreation have to offer. This is why it has been said that alcohol destroys what wholesome recreation, education, and religion would build.

A fifth argument is, "The use of alcoholic beverages is a folkway and it is futile to try to change a folkway." At one time slavery was a folkway, and women were not permitted to vote. These and other folkways were changed. This argument challenges the most basic principle of education; it should not be used by an educator, though educators have used it.

Abraham Lincoln said, "The use of alcoholic beverages has many defenders but no defense," a quotation which comes to mind when specious arguments are advanced.

It will require a greater effort than the simple presentation of facts to prevent drinking driving and the produc-

tion of alcoholics. This is illustrated by the fact that there are many physicians and nurses under treatment at the Federal hospitals for treatment of narcotic addiction. These physicians and nurses knew the facts, but in their education a strong attitude against self-medication with narcotics was not established. *The facts of alcohol education must be presented so as to produce a strong attitude against self-medication with alcohol, against drunken driving, and against becoming an alcoholic.* The whole truth must be presented.

Does Teaching Abstinence Pay?

I know of no evidence indicating that the teaching of moderation pays. There is evidence, however, which indicates that the teaching or partial enforcement of abstinence pays. The evidence provided in the following table shows that where prohibition sentiment is high the incidence of chronic alcoholism is low.

States With Percentage of Votes Against Repeal of 18th Amendment	Rate of Chronic Alcoholism per 100,000 of Population
More than 50% of votes against repeal	378
35% to 49% of votes against repeal	435
25% to 34% of votes against repeal	623
Less than 25% of votes against repeal	832

From "Quarterly Journal of Studies on Alcohol," 1952.

The following table shows that in those regions where dry sentiment is high the incidence of alcoholism is low. The table also shows the increase in alcoholism which has occurred since 1940.

Geographic Section	Rate of Alcoholics With and Without Complications, per 100,000	
	Year 1940	Year 1948
New England	3,064	4,621
Mid-Atlantic	3,575	4,675
Eastern North Central	3,380	4,157
Western North Central	2,548	2,888
Southern Atlantic	2,754	3,029
Eastern South Atlantic	1,914	2,396
Western South Atlantic	2,242	2,142
Mountain	3,185	3,757
Pacific	4,881	5,697

From "Quarterly Journal of Studies on Alcohol," 1952.

The following table was derived from a survey which included 17,000 students in twenty-seven colleges. The results show that the teaching of abstinence pays. But they also show the marked inroads that social pressure makes in counteracting the teaching

and practice of abstinence by parents. From survey of 17,000 students in twenty-seven colleges, made by Yale Laboratory of Applied Physiology, 1952:

1. If both parents drink:
90% of sons and 83% of daughters drink.
2. If both parents abstain:
50% of sons and 81% of daughters abstain.

In conclusion, the data provided in the above tables, and the tables presented in the previous issue of *Listen*, show an increase in the number of alcoholics and a decrease in the percentage of abstainers. If this rising tide of alcoholism is going to be retarded, alcohol education will have to be extended and intensified.

At the present time it is unscientific and illogical to propose a program of alcohol education which would teach young people to drink in moderation rather than to abstain. There is no evidence to show that such education will prevent alcoholism. On the other hand, there is evidence to show that emphasis on abstinence does prevent alcoholism. Therefore emphasis on abstinence is not only theoretically sound from a moral, logical, and scientific viewpoint, but also sound in practice.

YOUTH'S LOST GENERATION

(Continued from page 10)

clinical records of 1,036 narcotic addict patients, reports that "medically addicted individuals tend to fall into the higher age brackets, whereas dissipators tend to be the younger individuals." Pescor found that more than 50 per cent of his patients were victimized during the age period of twenty to twenty-four years, and that those who became addicted while adolescents (eighteen years of age or less) made up a "substantial percentage" of the total.

Many restless youth in this age of tension and discontent, in quest of some fleeting thrill, are socially enticed or ignorantly walk into this new American slavery. The majority are lured in by dope-using associates; others by the subtle insinuations of crafty peddlers. Most susceptible are those with morbid curiosity for unwholesome kicks out of life and for association with undesirable companions. Such readily yield to juvenile gang tendencies to experiment with dope under the illusion that it is glamorous to delve into prohibited fun.

Only a few dissipated steps over a comparatively short period of time are needed to produce a teen-age drug addict. The road to juvenile addiction is usually that of liquor, marijuana, and finally heroin. When coaxed into try-

ing for the bigger kick, the teen-ager usually starts with sniffing or snorting the dope up his nose. This leaves him with a combination of nausea and euphoria, the latter being a false sense of well-being. Confident that he will not be "hooked" by dope, he tries the next step of "skin popping," inserting the dope by means of a hypodermic needle beneath the skin, or he goes directly to "mainlining" by injecting the drug into his vein in order to bring a quicker and stronger reaction. Addiction is not far away when once a teenager becomes a "mainliner." Gradually the false sense of pleasure or well-being experienced during the early stages of his experiments with dope disappears and he is bound to it by sheer necessity and can feel normal only if he has access to the drug every few hours.

Youth pay a fearful price when they are caught in the mesh of addiction. Narcotic slaves, they become the pawns of the criminal world. They must have their dope at any cost, and the price they are forced to pay is high. The hoodlums see to that. The price is not only in dollar cost but in the sacrifice of character and morality. Drugs have been used to weaken the scruples of juvenile girls, and once trapped, mere children of fourteen to sixteen years of age sell their bodies for pittances to secure their enslaving narcotics. Young fellows have been forced to do the bidding of criminals under threat of having their dope withheld or their addiction exposed. Juvenile gangs frequently stage drugstore robberies, pilfering the druggist's narcotic supplies. The problem of adolescent crime and immorality brought on by the use of, and need for, narcotics is taxing law-enforcement agencies.

The element of adventure and glamour must be eliminated from youthful experiments in narcotic slavery. Proper parental companionship and control, and friendly guidance by parents, educators, and community youth groups in the establishment of the principles of decency are greatly needed. The false illusion of smartness in experimenting with debasing habits must be torn away and the stark truth of the dangers exposed.

Apparently, too few youth know the scientific facts about the real dangers of addiction. Dr. Victor H. Vogel, former head of the Federal Narcotics Hospital in Lexington, Kentucky, is of the opinion that most teen-agers enslaved by dope did not understand that they would be unable to stop the habit at will once they have become addicted. "They didn't dream," writes the doctor, "that the fear of withdrawal illness would make them lose all sense of de-

cency and that they themselves would addict others to get drugs for themselves. They had no idea that their criminal activities would drive them away from their families and real friends into the company of criminals."

America's slave world of narcotics already holds in abject misery thousands of teen-age boys and girls whose quest of a fleeting thrill has quickly bound them with the tyrannical fetters of an unbreakable habit.

The sale of dope to minors is the most devilish and devastating form of racketeering ever to curse American society. Obviously our country's teen-age narcotic problem is serious enough to demand of an alerted citizenry every possible remedial effort to stamp out this contagious vice, so that future American boys and girls may escape the fate voiced in the poignant cry of one who joined the teen-agers' lost generation, "I can think of ten or twenty reasons why I started, and a thousand reasons why I cannot quit."

"DIVORCE THEM!"

(Continued from page 12)

accident of any kind. "Speed and lack of courtesy are the major highway distresses," he said. Also he pointed out that alcoholic beverages distort the thinking and lower the inhibitions, thus causing the driver to drive faster and to be unaware of ethical safety standards.

S. W. (Whitey) Cambrun has been doing commercial trucking for forty years. At present he travels 80,000 miles annually. When asked, "What do you think about driving and drinking?" he immediately replied, "Divorce them!"

Earnest Plunkett has had twenty years of highway travel without an accident. In this period of time he has driven 1,700,000 miles. His observations were that the hours from six o'clock Sunday evening until two o'clock Monday morning were especially bad because of speed, much of it induced by drinking drivers.

The actual and practical experience of P.I.E., and of these men in particular, substantiates the findings of large insurance and research organizations that it is not the "drunk" driver but the "drinking" driver who kills most on the highway. He has retarded reactions, which are dangerous in themselves, plus lowered inhibitions which give a false feel of efficiency and skill. This combination, often the result of "just a couple of beers," constitutes the real highway menace. Good drivers, whether of trucks or automobiles, don't mix driving and drinking.



Which Way Will They Go?

Learn to Guide Them

ATTEND—The Fifth Session of
THE INSTITUTE OF SCIENTIFIC STUDIES
for the

Prevention of Alcoholism

June 14-25, 1954
Loma Linda, California

LECTURES BY:

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Judge Vernon W. Hunt

Harrison Evans, M.D.

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A limited number of fellowships, covering major expenses, and tuition scholarships are available for worthy students.

For Further Information Write to

National Committee for the Prevention of Alcoholism
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"Our Marjorie"

E. H. J. STEED



Health, vigor, and abundant charm go hand in hand with Australia's ace sportswoman and world champion sprinter, youthful twenty-two-year-old Marjorie Jackson.

The idol of Australian sports fans, Marjorie is at the top of the world list in track performance. A two-gold-medal winner at the Helsinki Olympic Games, she proved herself the world's fastest woman runner and now holds four world records: 100 meters (11.4 seconds), 200 meters (23.4 seconds), 100 yards (10.4 seconds), and participant in the woman's 440-yard relay world record achieved in London in 1952. Her awards include the American Helms Award for 1952, "for Australasia, the most outstanding athlete of the year," the Australian A.B.C. Sporting Award, the Sporting Globe Award for 1952 as "Sportsman of the Year," and an M.B.E. (Member of the British Empire) award in the Coronation Honors given by Queen Elizabeth.

Marjorie Jackson is affectionately called "Our Marjorie" for her quiet, unaffected, friendly attitude which has drawn to her the hearts of people in all parts of the world.

In the sporting world I have found, among the people whom I have met, that those who would be successful, refrain from tobacco and liquor.

I have never smoked tobacco or taken liquor, and do not intend ever to do so. I could not encourage liquor drinking because I think there are plenty of other things for youth to do besides drinking. If you start drinking or smoking young, you may never stop.

My leaving liquor and tobacco alone has helped me become a healthier, better sportswoman. Every sprinter knows that smoking is ruinous to breathing. By not smoking I was able to get a tenth-of-a-second-better performance, which makes all the difference between being a champion or a runner-up.

Marjorie Jackson.

In this exclusive "Listen" interview with Marjorie Jackson, she volunteered her statement (without remuneration) "in the hope that other young people might follow the ideals which have helped me to sporting success."



